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EXCLUSIVE

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- POLITICS AND HIS WORK WITH YOUNG AND OLD WHO ARE CHANGING THE WORLD PAGE 16
- BUSINESS AND A NEW KIND OF ENTREPRENEUR PAGE 18
- CULTURE AND THE SEVEN THINGS THAT FUEL HIS PASSION PAGES 24-25
- STYLE` AND HIS TRADEMARK CASUAL-CHIC LOOK PAGE 29
- DRUG LEGALIZATION. BRANSON IS IN FAVOUR, BUT WOULD IT WORK? FIND OUT AT METRONEWS.CA

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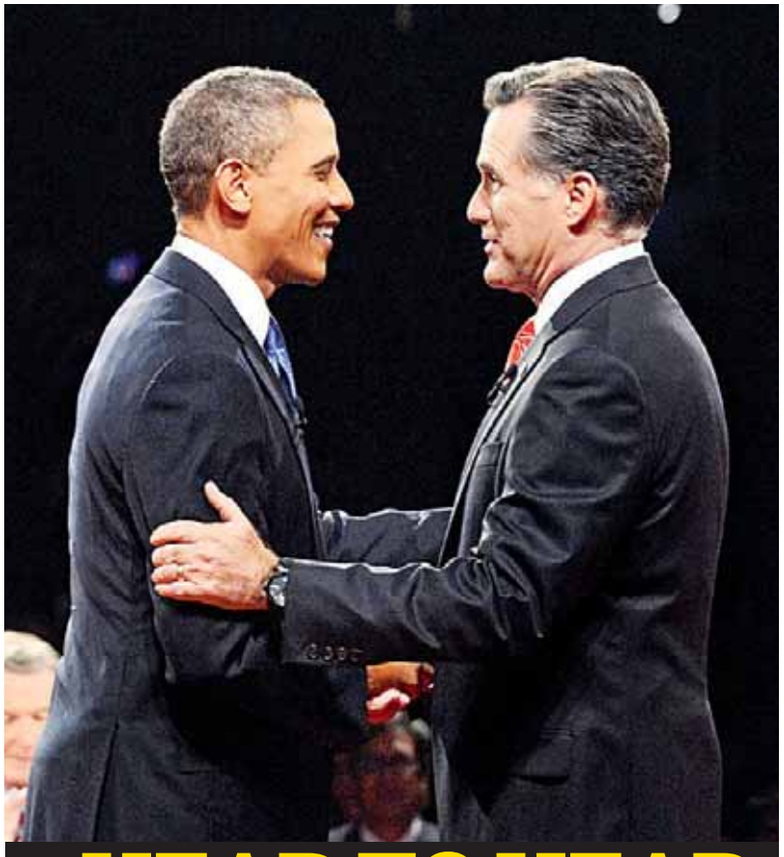

HEAD TO HEAD

President Barack Obama shakes hands with Republican presidential nominee Mitt Romney during the first presidential debate at the University of Denver on Wednesday. The first of four debates leading up to the November election focused on domestic issues. For more on the debate, visit metronews.ca. MICHAEL REYNOLDS/POOL/THE ASSOCIATED PRESS

Competing numbers in casino debate

Study. Proximity to Lac-Leamy would shrink new casino's gambling market

ALEX BOUTILIER
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A study commissioned by the Rideau Carleton Raceway (RCR) claims a new downtown casino would generate only $2.6 million more than an expanded raceway facility.

The study by Las Vegas-based Gaming Market Advisors, found total revenue from a downtown casino would be about one per cent more than an expanded raceway.

That conclusion is based a number of assumptions — that a new casino would be near the Rideau Centre, that it would cost more to run, and that it would only have 1,850 slot machines and 50 table games.

"(The) region would now have two casinos within seven minutes of each other, (and) the overall market will shrink in comparison to scenario one where there are two casinos in completely different parts of the market area," the report reads.

RCR's report paints a very different picture than Ontario Lottery and Gaming's Rod Phillips, who told Ottawa's finance and economic development committee Wednesday night that, based on their modeling, a new casino would bring in 40 per cent more revenue.

The RCR has been a vocal opponent of the possibility of a new casino for the city, and several councillors have lined up behind it. On Tuesday evening, the finance committee passed a motion suggesting to OLG that the raceway should be included in the eventual shortlist of casino proponents.

Other groups, notably Caesar's Entertainment and the Bronson Group, have already begun lobbying efforts. And they're getting better meetings — lobbyists from Caesar's, including former Minister of National Defence David Pratt, met with several senior bureaucrats in September. So far, RCR has met with Coun. Doug Thompson.

Revenue

OLG, city reveal new agreement

Ontario Lottery and Gaming released the details of a new system for sharing gambling revenue Wednesday.

Under the old deal, Ottawa got five per cent of revenue from the first 450 slot machines at Rideau Carleton Raceway and two per cent of revenue on the other 800 machines. In 2011, that put $4.38 million in city coffers.

The new agreement isn't tied to machines; it depends on four stages of slot revenue. City treasurer Marian Simulik says that with the same number of slots, the new deal would have raked in $5.6 million last year.

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A lesson in biology, charity

Thanksgiving. School's outdoor-garden harvest sends spuds to Ottawa Food Bank

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An idea that had kids growing potatoes in an outdoor classroom at Heritage Academy has sprouted into a drive to bring a ton of the spuds to the Ottawa Food Bank for Thanksgiving.

"The food bank has a lot of canned and dried goods," said Derek Rhodenizer, vice-principal at the Heritage Academy of Learning Excellence. "We're trying to increase donations of fresh food. I think a ton of potatoes is realistic."

In May, Rhodenizer, who founded an outdoor classroom at the school to teach kids biology, had students plant potatoes. Then he gathered together used food-grade olive barrels to hand out to those interested in growing them at home.

"Me and my mom tried to grow some," said student Jennifer Slack, who was helping collect potatoes from the 60 barrels the school gave out. "It's great to see our school be part of something bigger. It's exciting to stick a potato in the ground and see eight come out."

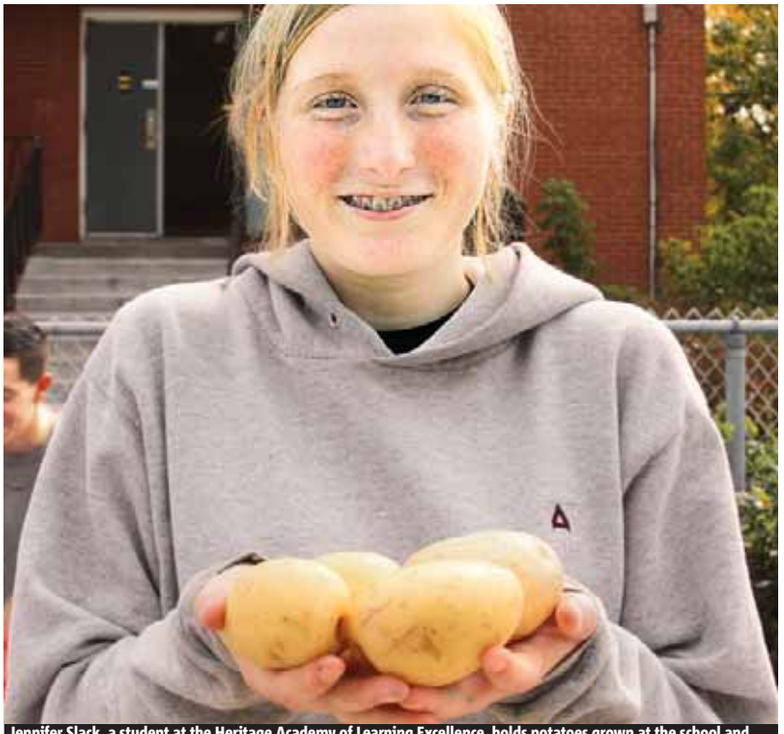
Not only did the project teach students about how potatoes grow, Rhodenizer said, but they are now asking him to expand the program next year.

"The general assumption is that we don't have produce," said Jason Gray, community harvest co-ordinator at the Ottawa Food Bank. "We move about 57,000 pounds of produce annually. We would love to receive more. Getting people to contribute a little bit like this amounts to a whole lot."

Moving food

"We move about 57,000 pounds of produce annually.... Getting people to contribute a little bit like this amounts to a whole lot."

Jason Gray, community-harvest co-ordinator at the Ottawa Food Bank



Jennifer Slack, a student at the Heritage Academy of Learning Excellence, holds potatoes grown at the school and destined for the Ottawa Food Bank. GRAHAM LANKTREE/METRO

Alfredsson may not return if lockout lasts all season

Daniel Alfredsson speaks to reporters following a mental-health-awareness event at the Hampton Inn on Coventry Road on Wednesday. The Ottawa Senators team captain said he's OK with a lost 2012-13 season being his last.
GRAHAM LANKTREE/METRO

Ottawa Senators team captain Daniel Alfredsson said he may not play with the Sens in the 2013-14 season if the lockout cancels this year.

"I'm just a small piece of the puzzle," he said of his team. "Even if this would turn out to be a whole season and I wouldn't play again, that's fine with me."

Speaking at the Royal Ottawa's Leaders for Mental Health Breakfast, Alfredsson said he's still training hard and is ready to go if a deal is struck in the lockout, now entering its 16th day.

The lockout hinges on an argument between team owners and the players over the sharing of revenue. The owners want to cut the players' share from 57 per cent to 46 per cent by 2017.

The league raked in record revenues of $3.3 billion US in the 2011-2012 season.

Team owners want to cap salaries at $58 million next year, but players propose a $70-million salary cap.

"If we end up playing 60 games, that's fine with me," Alfredsson said. "When the kids are at school, I'm in the gym.

"I went through a lockout last time and feel the same as I did then, even though I'm at a different part in my career," he said of the 2004-05 lockout that scrapped an entire season.

GRAHAM LANKTREE/METRO

The end for Alfie?

"Even if this would turn out to be a whole season and I wouldn't play again, that's fine with me."

Ottawa Senators captain Daniel Alfredsson on the current NHL lockout, now in entering its 16th day.

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Desjourdy's report sheds light on sexual-assault trial

Defence. Police report says he cut prisoner's clothing to prevent suicide

JOE LOFARO
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An Ottawa police sergeant accused of sexually assaulting a female prisoner in a cellblock cut off her top and bra with scissors "so that she would not hang herself," a court learned Wednesday.

Crown prosecutor Christopher Webb entered a police report as evidence in the sexual assault trial of Sgt. Steven Desjourdy. Desjourdy has pleaded not guilty.

The report, penned by Desjourdy, doesn't explain why he believed the woman would hang herself. It is unclear at this point in the trial if he will be called to testify.

In his report, Desjourdy said the woman was "struggling and yelling" before she was lodged into a cell.

"Just before being put in the cell (special constable) removed the cut clothing from her upper body (we were at the back, not looking at her breasts)," wrote Desjourdy. "She remained with her pants that were soiled with urine."

The officer who initially arrested the woman, Const. John Flores, testified in court Wednesday he did not know why the woman's clothes were cut, but said it might have been because Special Const. Melanie Morris had not finished her search.

The female prisoner mule-kicked Morris twice during the search and was grounded before Desjourdy went for the scissors.

Flores also testified he gave the woman, whose identity is protected by a publication ban, a chance to be let off with a warning the morning she was arrested after he spotted her at 5:38 a.m. on Rideau Street with an open beer bottle.

"I told her to go straight home," said Flores.

"Then she started to walk away and then came back to the cruiser."

That's when Flores said the woman became "verbally aggressive," with him and his partner.

He testified he thought the woman's reasoning was affected by alcohol and that she was a danger to herself and others.

During his interaction with the woman, he said he did not recall anyone saying anything about suicide in relation to her.

The trial continues Thursday.

Online

For more local news go to metronews.ca

Const. John Flores leaves the Ottawa courthouse Wednesday after testifying in the Sgt. Steven Desjourdy sexual assault trial.
JOE LOFARO/METRO

Debt, tough job market make life a struggle: Youth

Job search

"Even the professors at school said we're the generation graduating into the worst job market.... I tried to find one this summer and sent out 50 resumés. There's no jobs."

Shawna Huntington
Fourth-year communications student at University of Ottawa

Living at home

"My sister has a degree from the University of Ottawa and Vancouver Film School. She's 27 and still living at home for now to save money. She just wants a career. With $20,000 in debt, student loans are any young person's death." Jackie Charbonneau

Work experience

"There are barely any jobs in the field.... They say you need more experience, but how are you supposed to get it if they don't give you a try? All I can find are cleaning jobs."

Ashley Bray
Addictions-counselling graduate from Everest College

Half of job losses during the recession hit young Canadians, pushing a generation more than a decade behind when it comes to getting their careers on track, says a report released this week.

Students are saying it's spot on.

"Youth leave university or college with a debt burden and little job prospects," said Ian Bird, CEO of Community Foundations of Canada, which issued the Vital Signs 2012 study Tuesday.

"The primary trend that's most alarming is that there's a confluence of concerns for young people arriving all at the same time."

Bird went on to list the factors he thinks are creating conditions for a lost generation: that workers older than 55 are returning to or staying in jobs longer, that university graduates carry an average debt of $27,747, and that online connectivity leads to sedentary lifestyles and adverse effects on mental health.

GRAHAM LANKTREE/METRO

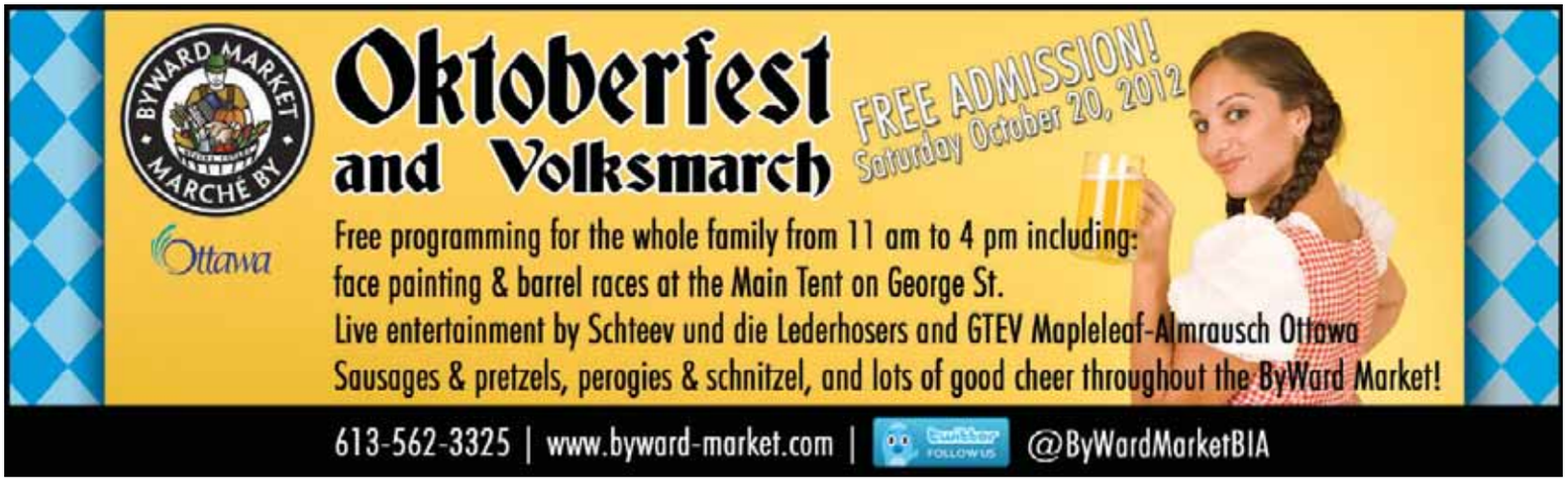
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Photo by Anthea Simms

Local Sponsors

GIRLS' NIGHT OUT WINES

Picnickers sat outside in the rain at the second annual Harvest Noir picnic and dance party. STEVE GERECKE/CONTRIBUTED

Not everyone all smiles after rainy Harvest Noir

Pop-up picnic.
Organizer says rain-or-shine outdoor event is for the adventurous

GRAHAM LANKTREE
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Those who complained about shelling out $50 to attend the rain-soaked Harvest Noir outdoor picnic should think twice about going next year, the event's organizer says.

"It takes an adventurous soul. This kind of event is not going to be for everyone," said Greg Searle, who co-organized the pop-up picnic with his wife Samantha Biron. "People who are able to have a good time under those circumstances are the ones who will come back."

Some 17.5 millimetres of rain fell throughout the day of the picnic on Sunday, as temperatures reached a high of 12.5 C.

"I'm embarrassed to have dragged my friends out. It was all I could do to keep smiling and everyone in good spirits," said Crystallina Chiu, who was there with a table of her friends. "At the end, I was outvoted and my entire table left after the picnic. We were excited for this event for months. I wore a $400 dress and it was soaked."

A cheese plate turns soggy at Harvest Noir. CONTRIBUTED

After the picnic some 500 of the initial 1,500 picnickers left before a dance began at the National Arts Centre (NAC). Chiu and others said organizers should have had a backup plan that included tents or an alternate space.

"I think that there was no Plan B," said picnicker Alayna Wright. "On the website they say that in the event of inclement weather, they'll cancel the picnic portion."

Searle said Plan B was to accelerate the timetable of the picnic, which wrapped up 15 minutes early.

"The spirit of the event is not tents, no shelter," said Searle. "We had about 1,500 people out being fantastic sports. They pulled out their umbrellas and had a feast. There were a lot of smiles all around."

But Chiu said from what she saw, the people around her were not pleased. "We had cheese that was literally floating and washed our plates with rainwater."

Wright said the fact that 100 per cent of the proceeds go to Searle's charity — Bio-Regional North America, a Canadian non-profit — raises questions. "It brings up why you wouldn't spend more money on tents."

Searle said that expenses for the 18-piece orchestra and space at the NAC ran to about $40,000. He said he anticipated clearing about double his $8,000 in profit last year. "To rent tents would run to $10,000," he said.

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Protester pulled from perch on St. Peter's

Economic reforms. Italian businessman protesting latest austerity measures atop basilica pulled inside by firefighters

An Italian man gave up his protest atop the St. Peter's Basilica after more than 24 hours perched on the 130-metre-high dome to demonstrate against government reforms.

Two firefighters helped pull Marcello De Finizio inside the basilica on Wednesday evening, a full day after he eluded Vatican security to scale the dome.

In a surreal contrast, Pope Benedict XVI's regular papal audience — which draws tens of thousands of pilgrims on Wednesdays — went on as scheduled despite the protest taking place on the dome above.

De Finizio put up a banner saying "Help! Enough Monti!" — referring to President Mario Monti, the architect of Italy's economic reforms.

The man, identified as the owner of a beach-front concession and restaurant, climbed up Tuesday evening.

THE ASSOCIATED PRESS

Marcello di Finizio, an Italian flag around his neck, talks on a cellphone beside a banner as he protests on St. Peter's dome on Wednesday. THE ASSOCIATED PRESS

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In this file photo taken in May, Pope Benedict XVI, flanked by his butler Paolo Gabriele, delivers his blessing at St. Peter's square. THE ASSOCIATED PRESS

Pope's documents found in butler's home: Vatican cops

Vatican police said Wednesday they found thousands of documents hidden inside the home of Pope Benedict XVI's former butler, including original documents signed by the Pope bearing indications they should be destroyed.

The police officers testified in the trial of Paolo Gabriele, the pope's once-trusted butler who faces four years in prison if convicted of aggravated theft for allegedly stealing papal documents and leaking them.

Prosecutors have said Gabriele, a devout 46-year-old father of three, confessed to leaking copies of the documents to journalist Gianluigi Nuzzi because he wanted to expose the "evil and corruption" in the church to help put it back on the right path.

The documents have ignited an uproar, for they revealed infighting and alleged corruption in the Vatican as the Pope grows older and more frail. The security breach has been one of the most damaging scandals of Benedict's seven-year papacy.

Gabriele said he stood by his confession and acknowledged he betrayed the Pope's trust, but he nevertheless pleaded innocent to the charge of aggravated theft.

THE ASSOCIATED PRESS

Obama hoped to bring bin Laden to trial: New book

The Finish. Revelation could provide political fodder for Republicans as election approaches

A new book says President Barack Obama hoped to put Osama bin Laden on trial, showing the U.S. commitment to due process under law, if the al-Qaida leader had surrendered during a U.S. raid in Pakistan last year.

In The Finish, journalist Mark Bowden quotes the president as saying he thought he would be in a strong political position to argue in favour of giving bin Laden the full rights of a criminal defendant if bin Laden went on trial for masterminding the Sept. 11 attacks.

But Bowden, who also wrote Black Hawk Down, about the 1993 battle in Somalia in which 18 U.S. soldiers were killed, says Obama expected bin Laden to go down fighting. A team of navy commandos, known as SEALs, raided bin Laden's compound in Abbottabad, Pakistan, in May 2011 and killed him.

The Finish is due to come out Oct. 16, a few weeks before the presidential election. The revelation that Obama hoped to capture bin Laden may provide political fodder for Republicans who have criticized the Obama administration for trying to bring terror suspects from Guantanamo Bay, Cuba, to trials in U.S. courts.

"Frankly, my belief was if we had captured him, that I would be in a pretty strong position, politically, here, to argue that displaying due process and rule of law would be our best weapon against al-Qaida, in preventing him from appearing as a martyr," Obama is quoted saying in an interview with Bowden. THE ASSOCIATED PRESS

President Barack Obama, Vice-President Joe Biden, Secretary of State Hillary Rodham Clinton and members of the national-security team watch an update on the mission against Osama bin Laden in the Situation Room of the White House on May 1, 2011. PETE SOUZA, THE WHITE HOUSE/AP PHOTO

Muslims open their doors to Berlin on Unity Day

Muslims participate in midday prayers at the Sehitlik Mosque during open-house day for non-Muslims on German Unity Day (Tag der Deutschen Einheit) on October 3 in Berlin. Berlin has a large Muslim immigrant community, and many of the city's mosques open their doors to the public on the annual Unity Day. Tag der Deutschen Einheit marks the day in 1991 when West Germany and East Germany reunited following the end of the Cold War.

CARSTEN KOALL/GETTY IMAGES

Pussy Riot. Minister defends 2-year sentence

Russia's justice minister is defending a two-year prison sentence handed down to members of rock band Pussy Riot, rebuffing European Union concerns that the punishment was excessive.

Alexander Konovalov says the sentence given to the three band members for hooliganism after they performed a "punk prayer" against President Vladimir Putin at Moscow's main cathedral is a "very subjective matter."

Konovalov was responding Wednesday to EU Home Affairs Commissioner Cecilia Malmstrom, who repeated EU concerns that the sentence was disproportionate to a "peaceful expression of protest," even though it may have offended many people.

Konovalov urged the EU to engage Russian authorities in dialogue instead of "coming up with a politicized assessment based on unverified information." THE ASSOCIATED PRESS

Morocco. Safe-abortion boat could be turned away

Moroccan authorities said Wednesday that a Dutch ship promoting legal abortions set to dock in Morocco is operating outside the law and could possibly be stopped before arriving at a northern Mediterranean port.

The Dutch ship, which promotes safe and legal abortions worldwide, was invited by a Moroccan women's group to raise awareness in the struggle to legalize abortions, which are not allowed in the conservative Muslim country. It is scheduled to arrive at the port of Smir on Thursday.

It would be the "Women on Waves" boat's first landfall in a Muslim country.

"We haven't been informed about the arrival of this boat from a security standpoint. It's a boat we don't know or why it is coming, so I don't see what we can do," Minister of Interior Mohend Laenser told The Associated Press.

THE ASSOCIATED PRESS

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Monarchy adversary dies before becoming a Canadian citizen

Dream unfulfilled. Toronto lawyer Charles Roach crusaded for change to citizenship requirements

A man who refused to take the oath of citizenship because of his opposition to the monarchy has died with his decades-long dream of becoming a Canadian unfulfilled.

Toronto civil-rights lawyer Charles Roach, who immigrated from Trinidad and Tobago more than half a century ago, died Tuesday after a long battle with brain cancer. He was 79.

Roach had fought to change the country's citizenship requirements to allow people to swear an oath to Canada instead of the throne, which he said represented a legacy of oppression, imperialism and racism.

A New Democrat MP is now calling on Ottawa to make Roach, who was a prominent community activist, a Canadian citizen posthumously.

In a statement Wednesday to the House of Commons, Andrew Cash urged the government to honour Roach with the status.

Human-rights lawyer Charles Roach
AARON VINCENT ELKAIM/THE CANADIAN PRESS

"People may not agree with the views that Mr. Roach expressed around this issue, but I think you can disagree and still respect the man and his contributions," the Toronto MP said in an interview from Ottawa.

Cash said he tried asking Immigration Minister Jason Kenney last week to fulfil Roach's dying wish to become a Canadian citizen by pledging allegiance to Canada, instead of the monarchy. He said Kenney did not respond to the request.

A close friend and colleague, Peter Rosenthal, said Roach's desire to become a Canadian citizen was extremely important to him, but his conscience wouldn't allow him to swear allegiance to the Queen.

His stance against uttering the oath nearly forced him to give up his profession because of an old requirement that said he had to be a Canadian to practise law. Rosenthal said Roach even declined an opportunity to become a judge over his refusal to take the oath.

Roach, who said he believed there were many other residents of Canada like him, initiated the first of several court challenges to remove the royal reference from the oath in the 1990s.

His latest legal battle will continue after his death because there are other applicants, said Rosenthal, who will argue the case before the Ontario Superior Court in July.

Roach also helped found Toronto's Caribana festival, which is now known as the Scotiabank Caribbean Carnival.

THE CANADIAN PRESS

New Brunswick. 3,556 moose killed during record three-day hunt

New Brunswick hunters killed 3,556 moose during last week's three-day moose season.

Natural Resources Minister Bruce Northrup says that's a record for the annual hunt.

Northrup says the figure is up by 44 per cent from last fall, mainly due to an increase in the number of licenses made available in the province.

There were more than 4,700 licensed hunters for the Sept. 27-29 hunt, with about 75 per cent successful in getting a moose. THE CANADIAN PRESS

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It's wrong to divide Canada over resources: Trudeau

Liberal leadership race. Younger Trudeau appears to distance himself from father in Alberta over national energy program

Justin Trudeau appeared to distance himself from his famous father as he made Alberta the first stop on his campaign to take over the federal Liberal party.

Trudeau chose Calgary, home to the country's energy-company boardrooms, to say he would never use the wealth of the West to gain votes elsewhere. He said it is wrong to divide Canadians over natural resources.

It's a particularly sensitive issue in a province where resentment still burns over the introduction of the national energy program in the 1980s by Pierre Trudeau, who was prime minister at the time. That was seen as a grab of Alberta's natural-resource wealth to keep prices artificially low for the rest of the country.

Quoted

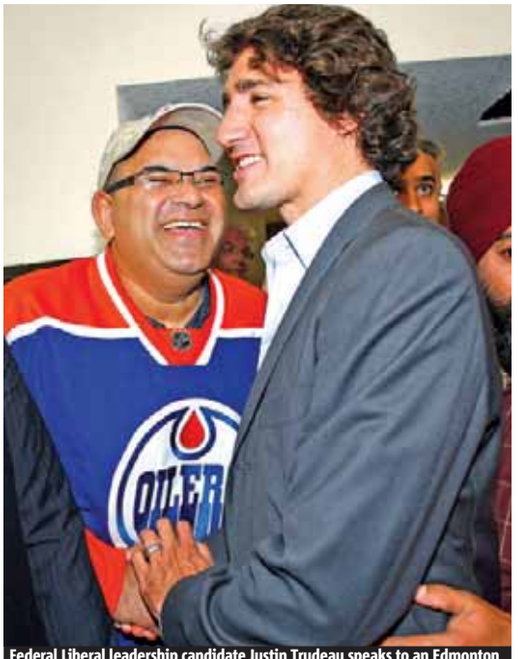
"It is time to be more honest with ourselves. There is not a country in the world that would find 170 billion barrels of oil and leave it in the ground."
Justin Trudeau

"It is wrong to use our natural wealth to divide Canadians against one another," he said. "It was the wrong way to govern Canada in the past. It is wrong today. And it will be wrong in the future."

He didn't mention his father by name during his speech. But later he told reporters he is proud of him and the values for which he stood.

"But I am here to try and challenge a whole new set of realities and to try to bring a whole new generation of Canadians forward to the 21st century." He pointed out that he had "nothing to do with the national energy program. I was 10 years old."

THE CANADIAN PRESS



Federal Liberal leadership candidate Justin Trudeau speaks to an Edmonton Oilers fan at a seniors centre in Calgary on Wednesday.
JEFF MCINTOSH/THE CANADIAN PRESS

Tainted beef. MPs hold emergency debate on widening product recall

Members of Parliament lingered into the evening Wednesday for an emergency debate about what's being billed as one of the largest food recalls in Canadian history.

Speaker Andrew Scheer agreed to a call by NDP and Liberal MPs for a special debate on the massive recall of tainted beef from an Alberta packing plant operated by XL Foods.

The government's critics wasted no time in pointing the finger of blame directly at the Conservatives, who have insisted in recent days that forthcoming new legislation will help to buttress Canadian food safety measures.

Liberal MP Frank Valeriote called on the government to order a third-party audit of the resources the Canadian Food Inspection Agency needs to do its job.

"We have some of the finest inspectors in the world, but they are hamstrung by a lack of resources, leaving them incapable of performing necessary functions of their jobs," he said.

Earlier in the day, CFIA admitted there was a delay getting information on tainted meat from the XL plant. E. coli was first detected at the plant on Sept. 4, but it wasn't until 12 days later that CFIA began recalling some of its beef products.

THE CANADIAN PRESS

XL Foods

Lawsuit alleges profit over safety

A lawsuit alleges the Alberta company involved in a massive national beef recall knew it had poor quality-control systems and that it put profits above the safety of consumers.

The statement of claim against XL Foods Inc. has not been proven in court and a judge will determine if it may proceed as a class-action lawsuit.

Matthew Harrison, an Edmonton man who got sick from E. coli after eating a steak on Sept. 5, is named as the lead plaintiff in the suit. THE CANADIAN PRESS

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Nuclear sanctions partly to blame for currency plunge

Iran. Rial hits a record low of 35,500 against the U.S. dollar in street trading on Tuesday

The bazaar in Tehran in July. Iran has launched crackdowns on street money changers to halt the plunge of their currency. VAHID SALEMI/THE ASSOCIATED PRESS

Police threatened merchants who closed their shops in Tehran's main bazaar and launched crackdowns on sidewalk money changers on Wednesday as part of a push to halt the plunge of Iran's currency, which has shed more than a third its value in less than a week.

The measures underscore a concern by officials facing one of the most destabilizing scenarios, which has been partly blamed on the fallout from Western sanctions over Tehran's nuclear program.

Public anger has mounted over a combination of a falling currency and rising prices, which have put staples like chicken and lamb out of reach of many low-income Iranians.

The shrinking rial also has rekindled bitter political feuds between President Ahmadinejad and his rivals, who claim the crisis has also been fed by misguided monetary policies. Iran's rial hit a record low of 35,500 against the U.S. dollar Tuesday in the widely followed street-trading rate. It was about 24,000 a week ago and 10,000 to $1 U.S. in 2011. THE ASSOCIATED PRESS

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The Dark Knight strikes, again. Man wearing Batman outfit arrested

Police say they arrested a man after he showed up at a crime scene wearing a Batman outfit because he wouldn't leave them alone.

"He wouldn't clear the scene, and we had a canine out there, and he kept screwing up the scent," Sgt. Jeff Gorno of the Michigan state police told the Petoskey News-Review.

Mark Wayne Williams, 33, was charged in Saturday's incident with resisting and obstructing police in an investigation. Williams also was arrested last year after police received a report of a man dressed as Batman on the roof of a local business. He was sentenced to six months of probation, during which he was forbidden to wear costumes. THE ASSOCIATED PRESS

Mark Williams, dressed as Batman, at the Emmet County jail. PETOSKEY DEPARTMENT OF PUBLIC SAFETY

Dying language

Last native speaker dies at 92

In a remote fishing town on the tip of Scotland's Black Isle, the last native speaker of the Cromarty dialect has died, taking with him another little piece of the English linguistic mosaic.

Scottish academics said Wednesday that Bobby Hogg, who passed away last week at age 92, was the last person fluent in the dialect once common in the seaside town of Cromarty, about 280 kilometres north of Scottish capital Edinburgh. The Biblically-influenced speech — complete with "thee" and "thou" — is one of many fading dialects that have been snuffed out across the British Isles. THE ASSOCIATED PRESS

Stolen batch of maple syrup gets police escort

Canada's sweet, gooey gold. A large quantity of stolen maple syrup has been brought back from New Brunswick

Bottles of Kickapoo Gold organic maple syrup are displayed at the FamilyFarmed.org EXPO on March 10, 2006, at the Chicago Cultural Center. TIM BOYLE/GETTY IMAGES

In many places, gold shipments will get their own police escort. In others, nuclear materials might get that same security treatment.

But what about Canada, eh?

In this country, the protected material can be maple syrup. A convoy of 16 trailerloads of the sweet stuff on Wednesday undertook an interprovincial journey — accompanied by a squad of provincial police cars.

The shipment stems from an investigation into a stolen haul from a Quebec warehouse and the sticky substance is on its way back home from neighbouring New Brunswick.

Yvon Poitras, the general manager of the New Brunswick Maple Syrup Association, says the goods came from a New Brunswick exporter.

"(The convoy's) under police protection going somewhere in Quebec," he said.

"We've been asked not to talk because it's under investigation."

Police confirm that an investigation is underway, but are keeping mum. They will only say that a search was carried out on Sept. 26 at a company alongside a highway in Kedgwick, N.B.

In August, the Quebec Federation of Maple Syrup Producers reported the theft of a massive quantity from the warehouse in St-Louis-de-Blandford. The missing stock was discovered during a routine inventory check.

The burglarized warehouse held more than 4.5 million kilograms of maple syrup, valued at over $30 million. The exact amount of the theft was not disclosed. THE CANADIAN PRESS

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Serbia bans Gay Pride parade, again

Police cite potential for violence. Decision follows request by Orthodox Church leaders, who call it a 'parade of shame'

Serbia's police on Wednesday banned a gay-pride march in Belgrade, citing security concerns, but also complying with a request from Serbia's Christian Orthodox church.

Police said they were banning the march planned for Saturday because they feared a repeat of the violence in 2010, when right-wing groups attacked a gay-pride event in Belgrade. That triggered daylong clashes with the police that left more than 100 people injured.

Last year's march also was banned by authorities.

The current ban was announced after Patriarch Irinej, the head of Serbia's Christian Orthodox church, urged the government to prevent Saturday's march. In a statement, he said such a "parade of shame" would cast a "moral shadow" on Serbia — a conservative Balkan country whose gay population has faced threats and harassment.

Allowing a gay-pride march this year had been regarded by some as a test of Serbia's pledge to respect human rights as it seeks European Union membership. That was clear in the reaction of European Parliament official Jelko Kacin, who called the ban a "political decision that questions the rule of law in Serbia."

Secretary-General Thorbjoern Jagland of the Council of Europe, the continent's main human-rights body, said he was "surprised and disappointed" that the pride event has been banned again.

THE ASSOCIATED PRESS

In this file photo from 2010, riot police gather to protect a gay-pride parade as it moves along a street in Belgrade, Serbia. DARKO VOJINOVIC/THE ASSOCIATED PRESS FILE

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WikiLeaks bail jump

Assange allies want their cash

Supporters of Julian Assange are waiting to find out if they will lose the £140,000 ($222,000) they put up in bail-surety money because the WikiLeaks founder has sought political asylum in Ecuador's Embassy in London.

Assange, 41, has been holed up in the embassy since June 19 as part of his bid to avoid extradition to Sweden, where he faces questioning over sex-crimes allegations.

By seeking refuge in a foreign embassy, Assange breached his British bail conditions.

THE ASSOCIATED PRESS

Bosnian conflict

War-crimes suspects freed

Bosnia's war-crimes court has acquitted two former Bosnian Serb policemen accused of participating in the 1995 Srebrenica massacre.

The court said Wednesday that prosecutors failed to prove Dragan Neskovic and Zoran Ilic committed crimes against humanity by rounding up Muslim men for execution and then firing into the piles of bodies to make sure there were no survivors.

Judges concluded that witness statements were contradictory and the credibility of some of them was doubtful.

THE ASSOCIATED PRESS

Yes, they could

This photo from 2008 shows the remains of a woman in a grave in Geitzendorf, Austria. The Museum of Ancient History Lower Austria says the remains are that of a woman metal worker from more than 3,000 years ago — the first indication women did such work back then. THE ASSOCIATED PRESS

Chained boy: Car found, man hunted

Mysterious case. Remote logging road in northern Ontario offers up a clue in investigation that began in Nova Scotia

For the Mounties, the breakthrough came on a remote logging road.

The RCMP say a car linked to a man wanted in the alleged chained confinement of a 16-year-old boy in Nova Scotia has been found abandoned on the logging road in northern Ontario.

And the Mounties say the search continues for Wayne Alan Cunningham.

He faces charges of sexual assault and forcible confinement after a boy alleged he was held captive by two men.

The Mounties previously said Cunningham, 31, could be headed to Calgary in a 2003 Hyundai Elantra with a Nova Scotia licence plate.

Now they say his whereabouts are unknown.

They say the Ontario Provincial Police discovered the car about 19 kilometres off the highway in Greenstone, about 250 kilometres northeast of Thunder Bay.

Cunningham's co-accused, David James Leblanc, was arrested Sunday on a Greenstone road after officers received a report of a man wandering with no shoes and light clothing in near-freezing temperatures.

The RCMP say the 47-year-old man remains in hospital under police custody, but cannot yet be returned to Nova Scotia for medical reasons.

Police say he was suffering from exposure when he was arrested.

Grim tale

Court documents say a 16-year-old boy told the RCMP he was sleeping on a Halifax street when he woke up in a van, was taken to a home and sexually assaulted over several days.

Police have also released two more photos of Cunningham.

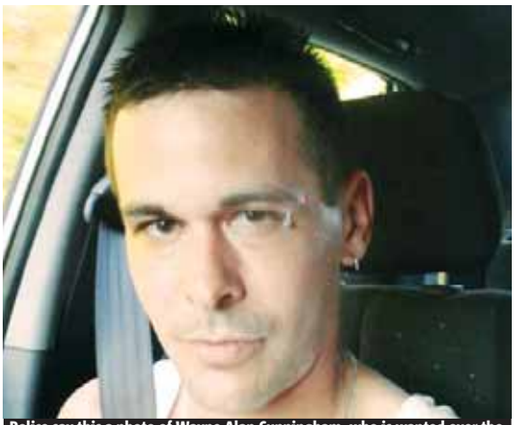
One head shot, taken in 2006, shows a long-haired Cunningham, police say.

The second photo, which police say was taken more recently, is said to show Cunningham sitting in a vehicle with short, spiky hair and a piercing in his left eyebrow.

The investigation began after a woman said a teenager arrived at her doorstep in the Lunenburg County community of Upper Chelsea, about 130 kilometres southwest of Halifax.

The boy had bare feet and was chained at his wrists and ankles, the woman said.

THE CANADIAN PRESS



Police say this a photo of Wayne Alan Cunningham, who is wanted over the alleged confinement of a 16-year-old boy. RCMP HANDOUT

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Together they are stronger: Elders Archbishop Desmond Tutu and Mary Robinson, former president of Ireland, lend their support to Youngers. CONTRIBUTED/JEFF MOORE/THE ELDERS

Where spirit meets action

Double vision. A super team of young activists and senior public figures are aiming at nothing less than saving the world

ELISABETH BRAW
Metro World News in London

It's like Space Cowboys in the real world, with aging heroes returning to save the Earth.

Meet the Elders, a group of senior public figures whose stated purpose is to work, with "an independent voice, not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as the Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes an end to child marriage, former U.S. president Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with South Korea.

But when Mandela inspired Virgin Mobile founder Sir Richard Branson to help him launch a network of distinguished politicians, the legendary South African was almost 90. Branson named the new group the Elders. And now they're adding a youth division: The Youngers.

"The major barrier young people have is a lack of belief in youth held by those in power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a 28-year-old Younger from Nigeria. "There are emerging global civil-society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, 23, a Chinese Younger.

More than mentoring, what young leaders need most is support and a listening ear, says Katy Cronin, chief operating officer of the Elders. "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now include Archbishop Desmond Tutu and former world leaders such as Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope," Tutu says. "Five years ago, when he founded the Elders, Nelson Mandela told us to reach out to the youth and that is precisely why — young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreas, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan. Elder statesman Lakhdar Brahimi of Algeria has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," Agbarakwe says.

Young at heart

"Young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

Archbishop Desmond Tutu, chairman of the Elders

Esther Agbarakwe CONTRIBUTED

Case study. 'We need to lift people out of poverty'

Esther Agbarakwe of Nigeria, also known as "Esther Climate," has travelled all over Africa leading environmental initiatives, and has served as the continent's co-ordinator for the UN Commission on Sustainable Development.

As a Younger, she has drawn inspiration from Elders Mary Robinson and Archbishop Desmond Tutu. "I was really honoured to be involved and have the influence to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders.

"My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KIERON MONKS/METRO WORLD NEWS

Martin Nala CONTRIBUTED

Case study. 'Youth have enormous power'

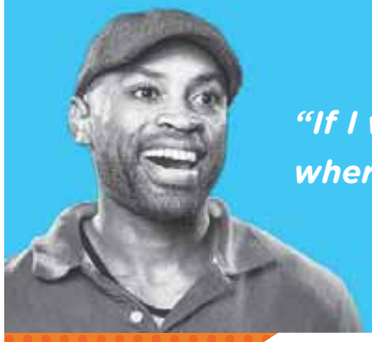
A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team to the Rio+20 summit.

"The result of Rio+20 is, for sure, depressing regarding nations' co-operation and international regime-building. But on the other side, I saw more energy from grassroots," he says.

Nala is determined to bring sustainability to his homeland of China and believes young leaders will make a difference.

"Youth brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it, they have enormous power to change it."

KIERON MONKS/METRO WORLD NEWS



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Entrepreneurs who play the rebel

Screw fashion as usual. The new label Maiyet

Fashion. Saving lives. The two can be polar opposites, but upscale label Maiyet hopes you fall in love with their designs first, then continue to purchase them because of their mission to help local artisans sustain their own businesses.

"What we don't do is produce pity products," co-founder Paul van Zyl explains to Metro. "We design products that people will wear regardless of the cause."

Maiyet scouts rare and unique artisanal items from around the world — like handwoven cloth from Varanasi, India and hand-carved bone from Kenya — to use in their products. Then they use part of their profits to fund training programs to educate craftsmen on how to make better-quality products, and how to use their business to provide a stable source of income for their communities.

They also front the money to produce the goods so artisans don't have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Quoted

"We design products that people will wear regardless of the cause."

Paul van Zyl, Maiyet co-founder

Van Zyl's background doesn't exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa's post-apartheid Truth and Reconciliation Commission and he never really worked in the fashion industry.

What drew him to the project was the idea that people don't have to choose between doing well in business and doing good for the world. Van Zyl says the economic crisis has made people realize that there must be a better way to run their companies, and he believes that there is a way for moral markets to exist.

"We believe in trade and aid, not trade versus aid," he explained. "We want these companies to be small and sustainable and to make beautiful products." METRO WORLD NEWS

Maiyet's clothing prioritizes their global artisans. CONTRIBUTED

Screw school as usual. The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features … school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge-fund manager tutoring his long-distance cousins with web videos. "They told me they preferred me on YouTube than in person," is Khan's catchphrase, a self-deprecating remark that's the key to his charm. The idea snowballed.

Eight years later, Khan Academy offers a combination of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24-hours a day to anyone. METRO WORLD NEWS

Screw soccer as usual. The homeless World Cup

It started with a chat between colleagues Mel Young and Harald Schmied in a Cape Town bar, discussing ways to bring attention to homelessness.

"Soccer is the 'universal language' that brings people together, wherever they are," says Young. "It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people but all sports have the power to change people's lives."

Today, their Homeless World Cup helps the homeless, people who are struggling with drug and alcohol addiction and those with HIV-AIDS. All participate in the annual tournament, which will take place in Mexico City Oct. 6 through 14 this year. METRO WORLD NEWS

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Canadians hopping the border for cheap flights

A new report finds that a soaring number of jet-setting Canadians are border-hopping to catch cheaper flights.

The Conference Board of Canada report, issued Wednesday, said that about five million Canadians now cross the U.S. border by land every year to fly out of American airports.

Higher airfares, fees and taxes in Canada, as well as differences in wages, aircraft prices and industry productivity makes it 30 per cent cheaper to fly out of the U.S. The Conference Board says fees and taxes make up about 40 per cent of the cost of a ticket in Canada.

The report suggests that while other factors are beyond government control, small reductions in the airfare differential could lead to traffic gains for Canadian airports and carriers. It estimates that changes to Canadian policies alone could bring more than two million passengers a year back to Canadian airports.

Finance Minister Jim Flaherty said Wednesday that Ottawa is "concerned" about the issue and that federal Transport Minister Denis Lebell "has been working on a consultation project with the airlines, with the airport authorities in Canada to try to see what we can accomplish." THE CANADIAN PRESS

Market Minute

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FANCY RESTAURANTS? STICK A FORK IN ME, I'M DONE

HE SAYS...
John Mazerolle
metronews.ca

So I was at a fancy restaurant recently, which, given my lack of kitchen skills, is a bit like Patrick Stewart at a hair salon or Gandhi going out to play paintball.

A lot of culi-narys like me eat at restaurants, but rarely has the contrast been this extreme.

On the one hand, you had me: The worst cook in the world, topping out in creativity with my piece de resistance bacon and eggs (now with toast!)

On the other, you had the restaurant: Geranium, an establishment in Copenhagen overseen by the best chef in the world.

Geranium is a Michelin-starred restaurant, so that guy made of tires likes it, and the "best chef" label comes thanks to the Bocuse d'Or, a world cooking contest revered by chefs because it's the only one ever created that doesn't involve Gordon Ramsay.

I felt so out-of-place that I was nervous when I arrived. Understand that my childhood eating experiences were centred around meals like soggy fish sticks and Grade "Needs Remedial Help" beef.

KD Kid

"I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, 'Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15.'"

I eat at lots of restaurants now, it's true, but I still felt like there was potential for embarrassment at such a classy joint. Maybe I'd do the wrong thing and everybody would freeze.

"Gasp! He's using the dessert fork for the appetizer!"

"My. God. Toss him?"

"No. But let's change the meal to a bowl of Kraft Dinner and a pat on the head."

I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, "Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15."

Instead, they led me to my table and were very patient with me as they explained each of the 15 courses.

Server: Did you enjoy your emmer and spelt, sir?

Me: Maybe?

Server: You're doing fine, sir.

Me: I think I ate my napkin.

Server: Very good.

If I had eaten my napkin, you can bet they would have come running with a new one. That was a perk I learned quickly: Finish a drink, they refill it. Done with a fork, here comes a new fork. I was alone, but if I had a date with me I might have knocked her from her chair just to see if they'd immediately plunk down a new one.

So the service was fantastic, and the food was great, too.

I came away inspired and planned to change my personal cooking habits. From now on, whenever I eat a strip of bacon I will immediately replace it with another strip of bacon and so on in that fashion. The Bocuse d'Or is mine.

In order to climb the ranks in the restaurant biz — refill, refill, refill.
JOHN MAZEROLLE/METRO

Bite-size meal for a beast

CAMERON SPENCER/GETTY IMAGES

Sydney, Australia

Croc wakes up to a beefy breakfast

Rex, one of the world's largest crocodiles, feasts on beef ribs after waking up from his lengthy slumber.

It's the first meal after three months of hibernation for the five-metre, 700-kilogram saltwater crocodile, who resides at Wild Life Sydney Zoo. Keepers Wednesday lowered the food from a safe distance to avoid being part of the meal themselves. METRO

Crocodile digestion

They need plenty of sun in order to eat

Body temperature is the key reason why crocs feast between long intervals.

"As crocodiles are cold-blooded creatures, they need sunlight to give them the energy they need for metabolism, in order to digest their prey items," crocodile specialist Shaun Foggett told Metro.

Saltwater crocodiles are one of the few predators that consider humans to be a prey item. METRO

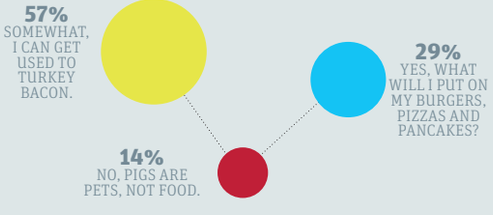
Saltwater crocs

- **Size.** Largest living crocodilian — specimens at 1,000 kilograms (2,200 pounds) are not uncommon.
- **Speed.** Can swim at 40 km/h and can travel 32 km/h on land. "Their speed is the most astonishing thing about them," Foggett said.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear a looming bacon shortage?


57%
SOMEWHAT, I CAN GET USED TO TURKEY BACON.
29%
YES, WHAT WILL I PUT ON MY BURGERS, PIZZAS AND PANCAKES?
14%
NO, PIGS ARE PETS, NOT FOOD.

Twitter

@danielphoto: Finally saw Akram Khan's "Desh" at Sadler's Wells tonight. Well worth the wait. Best dance show ever. Powerful and moving. #desh

@ThatKidZenny: Mr.Mann talks so much omfg. We can't even read like 3 lines of a book without him explaining every word.

@theadopted: A band is not a band if the drummer is a machine.

@johnnylobban: When i have no homework I think about everything else... Don't really like it

@joshuaschnell: Started thinking, but then my brain started hurting, so now I'm just staring aimlessly at the screen.

metro

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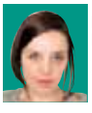
SCENE 2

Chills for CHEO kicks off Thursday and runs through the end of October. CONTRIBUTED/CHILLS FOR CHEO

From the front porch to massive annual fundraiser

Chills for CHEO. What started as a fun, spooky way to raise funds for a children's hospital has morphed into a professional production



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Chills for CHEO started as a small, haunted porch 10 years ago.

Now, with a much bigger venue and extended hours, it has grown into a massive annual fundraiser for the Children's Hospital of Eastern Ontario (CHEO).

Inspired by a trip to some of the famed haunted houses in Niagara Falls, Chills for CHEO and Funhaven Family Fun Centre founder Dave Ellis turned his front porch into a pseudo haunted house in 2002.

After a positive response from friends and neighbours, he contacted CHEO to set up a partnership and make his haunted house an annual charitable event.

Funhaven events and program manager Danielle Vicha says the event just snowballed.

"They opened it for a weekend and raised $600. The year after, they raised more than $2,000 and then they grew to a garage and raised more and more money every year after."

Last year, Chills for CHEO raised more than $61,000 when it took over a three-car garage and the front of a house.

But, Vicha says, because of the popularity of the event (close to 10,000 visitors last year alone) and the resulting traffic problems in the small, residential neighbourhood, Ellis opened Funhaven (1050 Baxter Rd.), a family-friendly entertainment centre with more than enough space and parking to host events like Chills for CHEO.

This year, with the upgraded venue and extended hours, Chills for CHEO is hoping to raise $100,000.

For the older crowd, Chills for CHEO offers the spooky Crypt of Torment, a 3,000 square-foot house of horrors full of top-notch effects.

"Dave really looks for the best to be able to provide that level of top-quality entertainment so people are scared. It's a really high production haunted house and it's a lot of work — it's a yearlong planning process to do Chills for CHEO for one month," explains Vicha.

For kids, there is a more tame haunted experience, the Magic Manor.

"It's more of a Scooby Doo mystery adventure so the kids are going to help Scooby and the gang figure out a mystery and there'll be a dance party after," Vicha says.

Details

Admission is $10 per person for the Crypt of Torment Adult Haunt and $5 per child for the Magic Manor Children's Haunt. One hundred per cent of net proceeds will go directly to CHEO. For hours, more info or to volunteer, go to chillsforcheo.com.

On the web

Qriket

Sweden to open museum showcasing career of '70s pop group ABBA

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Bringing soul music to modern ears

R&B singer. New album breaking traditions of the genre with a broad range of influences and musical sensibilities

G. VALENTINO BALL
Metro World News

Miguel continues to break new ground with his unique sound. GETTY IMAGES

R&B singer Miguel doesn't see himself as your everyday soul man. And with his iPod going from David Bowie to Prince to Queen to Kanye West to Diane Warren, he might be right. His latest album, Kaleidoscope Dream, hits stores this week and on this sophomore release, he definitely paints outside the lines, something which he says is within the traditions of R&B.

"I've never been a traditional artist because my influences span a broad range of music and sensibilities," he says. "The moment I started to incorporate my honest perspective into my music, all of these influences made their way into the sound and delivery of the art. R&B really influenced and inspired genres that are thriving today, including rock and hip-hop. It will always be soul at the core of it because that's who I am."

Miguel's unconventional blend of soul, hip-hop, rock and electronica has been successful. His single Adorn is the latest in a string of hits the Los Angeles native has served up since his debut All I Want Is You. A Grammy nod and three No. 1 hits on the R&B charts have him feeling good these days.

"It's a blessing to make music that I'm in love with, but it's an even bigger blessing to have people fall in love with it too," he says.

His new album feels like a jam session between Coldplay and Prince; a formula that conventional wisdom says the R&B crowd would reject. But conventional wisdom would be wrong. And the positive reception is welcomed as Miguel strives to give fans more.

"I'm excited that people are open to the risks," he says.

"I want people to leave with something they will remember forever. I want them to say, 'I remember when I was 19 and I took this girl to this Miguel concert.' I do my best to give myself to the moment so everyone can lower their guard and let the music in."

More on the artist

As an R&B singer, Miguel makes the music that is the backdrop for painting many a romantic canvas. However, when it's his time to play Picasso, his own songs aren't at the top of the playlist.

- **Quote.** "I'm not that narcissistic. There's some great music out there outside of the music that I make. I'm not that cool to listen to my music. It would just feel corny to me. Though it's definitely been requested," Miguel told Metro.

Morrissey. There will be no Smiths reunion at Glastonbury, or anywhere, ever

Following a flow of web rumours that began on Monday with the website Holy Moly, Morrissey confirmed with Metro what many Smiths fans already guessed: There will be no Smiths reunion at the Glastonbury festival in 2013. Or ever.

Throughout the course of an email interview, Morrissey discussed his upcoming autobiography.

We asked if in the book he addresses the beginning of his career in a way that fans might finally stop asking him when The Smiths will get back together. To this, he responded simply.

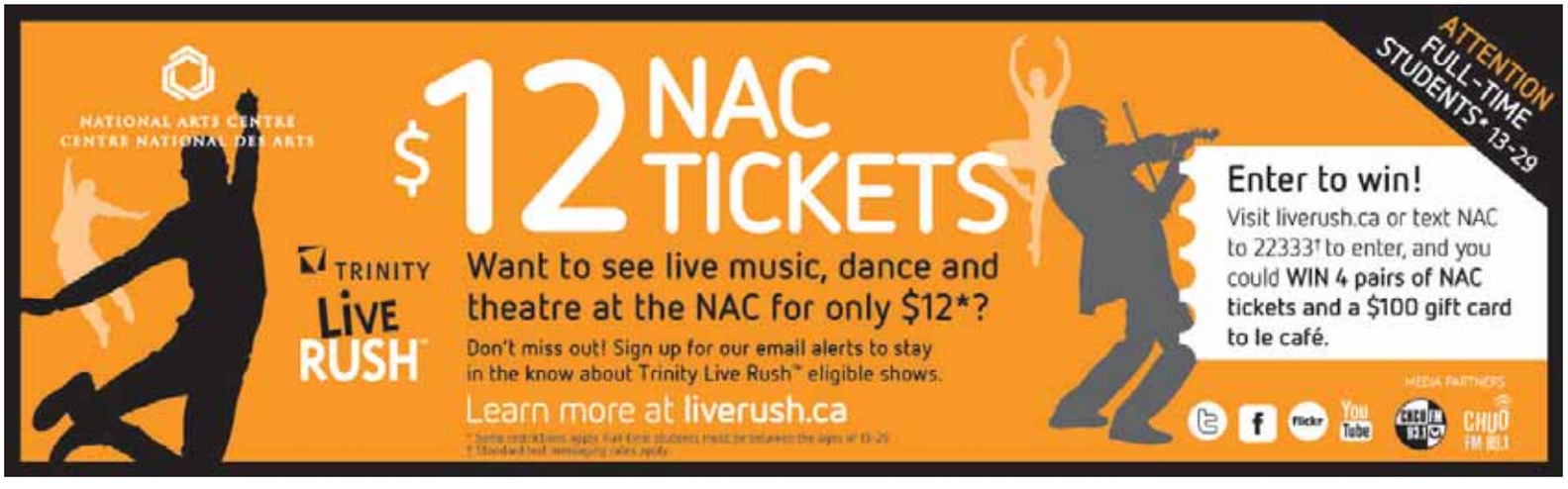
"If people continue to ask that question now — which they do, then they shall never stop, and they shall never stop because they don't understand the history of the band. Asking about a Smiths reformation is no different to driving into fog."

After the rumour surfaced, we had to apologetically ask him if he was being vague about the whole "fog" thing. With this, he cleared up all speculation.

"The Smiths are never getting back together — ever!"

PAT HEALY/METRO WORLD NEWS

Morrissey is hoping to put rumours to rest. IAN GAVAN/GETTY IMAGES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Cesar Millan's techniques can help transition a farm dog into a city dog

Using confidence to overcome tension. Planning, controlling a dog's instincts are key to making major life changes go smoothly

LIZ BROWN
Metro World News

Diving on top of my dog, April, to stop her from darting out onto a busy Toronto street in pursuit of a squirrel, left me with two bloody knees.

As I limped home, April jerking me in all directions in search of more prey, I knew I needed help.

My seven-year-old lab mix wasn't exactly adapting well to city living after spending the last year on my mom and dad's farm. Instead of spending her days prowling bucolic fields for rabbits and heading out on off-leash hikes with my family, she was now confined to a 350-square-foot bachelor apartment and spends at least eight hours alone each day. Aside from pulling me into oncoming traffic, she was also chewing bald patches in her coat. Short of sending her back to the farm, I didn't know what to do.

So when I limped into work last week after my April accident and my boss asked me if I wanted to interview Cesar Millan, who was in Toronto at the Newstalk 1010 studio to talk about his Trust Your Instincts Tour, I took the assignment. If there was anyone who could help me, it was the Dog Whisperer.

Cesar Millan teaches Metro's Liz Brown a few tricks to help her Labrador-mix, April, get used to the big city. SUPPLIED

How do you help a dog make a major transition?

It's very important we acknowledge their uncertainty. What we need to do is no touch, no talk, no eye contact with dogs that come from an area where it's not as hectic. We need to let them come to us and get to know us from an energy perspective. That's the best thing you can do to any dog to let it know that you're welcoming them into this chaotic life.

How do I get her to stop chasing squirrels?

That's the thing. On the farm you don't mind that, you know she's coming back. But at the same time, there's one thing I would teach farmers: If you're ever going to bring a dog to the city, you have to do the transition of it ahead. You can control instincts, hunters do it all the time. So you have to be able to control that desire. (He points to the harness I have on April) Number one, that harness is not going to help you. A harness is for pulling or tracking behaviour. A harness creates this (he stands up, darting back and forth and sniffs the air). And then the human is doing this (tenses up and looks afraid) "no, stop it, no, heel, no, over here, no, leave it." So the human is talking, but he's not creating calmness. The leash on the neck creates a calm state.

For more...

- **Cesar Millan's Trust Your Instincts Tour.** Canadian tour begins Nov. 4 in Victoria, and stops in 19 cities. For information about the show closest to you, visit metronews.ca.
- **Video.** Go to newstalk1010.com for an in-depth interview.

How can I stop her from chewing?

It's a physical reaction to the new life because the level of stress. It's the same thing as why people numb themselves more often in the city than on a farm, because on a farm you're tired from physical work and the relaxation. (April starts chewing as we're talking, Cesar gives her a swift touch). You just give her a touch to stop the chewing. A lot of people will grab the nose and the mouth and say "no don't lick yourself, stop it." That doesn't work because you're giving the dog tension when he's already tense. So first, I stop the behaviour, then let her go into a calm state.

How can I give her enough exercise?

You need rollerblades. You need to match her speed.

Um, I'm not you, I've seen you on TV with rollerblades and dogs. I can't do that.

(Laughs) I control the speed and direction. We know dogs don't want to walk, they want to run. Most people bring them from the house to the dog park and that's not healthy. What I'm saying is that "I'm going to take you out of the house and you and me, we're going to run." And the dog thinks "you were with me the whole time, telling me what not to do, what not to chase." You need to be in control. Sometimes I have 15 dogs when I'm rollerblading.

Have you ever had any crazy falls?

Of course. But I just get back up. I used to surf. The waves knock you down all kinds of times, but you get back out there. I don't have fear. I'm not afraid of dying, it's not in my space. When you fall, sometimes the dog still goes and he's still excited and then you're chasing him and it's "cluck, cluck, cluck" on your rollerblades and he thinks you're playing (laughs).

So what's the most important thing for dog owners to remember about transitions?

What we have to understand is number one, how do we feel about this transition. And be honest, you have to have some brutal honesty. "I'm nervous, I'm fearful, I'm anxious, I'm confused." It's OK, so now you know the problem is not the transition for the dog, but how your energy affects them.

I train people and rehabilitate dogs. I train people to see themselves as energy. So it doesn't matter what you want in life, it matters how you deal with life.

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Classic rock sensibility of Nick Waterhouse

Say I wanna know.
Though young, this artist's style hails back to the '50s, and his songs hit the right chords today

AMBER RAY
Metro World News in New York

Rhythm and blues throwback Nick Waterhouse's Say I Wanna Know — in heavy primetime rotation courtesy of an Acura commercial — could easily be mistaken as a lost gem of the 1950s. The slinky, horn-driven track is attention-grabbing in its uniqueness circa 2012, just as Waterhouse's penchant for Brooks Brothers shirts and horn-rimmed glasses makes him an anomaly in an era when CEOs wear Chuck Taylors and hoodies to the office.

"I guess it's like white blood cells — all of a sudden, people really notice that you stick out like a sore thumb," the Los Angeles singer says of the soulful, rock-and-stomp sound found on his debut album, Time's All Gone, released in May. "I'm just doing the same thing that Muddy Waters was doing to blues or Van Morrison was doing to soul or Elvis Costello was doing to classic pop. (The influences) filter through you and turn out a slightly different way, but you definitely hear traces of everything in there."

Waterhouse says he has "kind of always been the thumb" — "I don't really know another way," he admits — ignoring music trends in favour of learning everything he could about early rock 'n' roll, soul and jazz. (A little punk rock was thrown in there too, courtesy of his dad's Black Flag cassettes.)

"I was always really curious. I was kind of a bookworm kid," the 26-year-old explains. "I liked reading and researching, but it wasn't research to me, it was just trying to quench the really deep desire to understand the world around me."

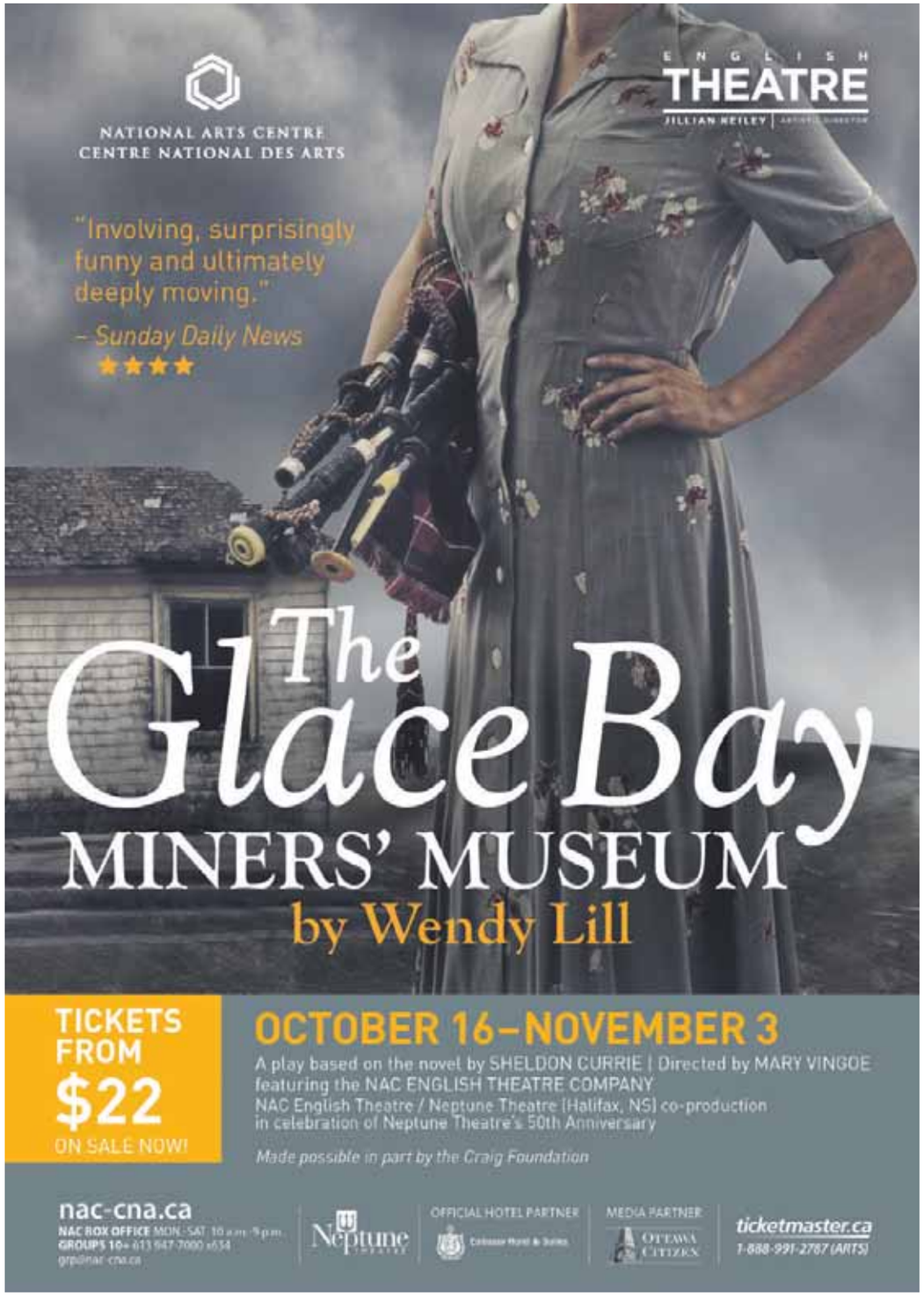
Everything began to make a little more sense with his mom's Van Morrison records playing in the background.

"I happened to feel more comfortable in music; I thought that music was the best way to relate to the world, so that was something that I ended up pursuing," says Waterhouse, who picked up trumpet in third grade before switching to guitar, which he continues to study and play today like a mad genius. "I could have maybe been really into something else, but I don't know," he adds. "This is just how it turned out."

On his terms

- **Breaking free.** After spending his early 20s in dead-end jobs and no-good relationships, Waterhouse turned to music and decided to record the album he wanted, on his terms. "I spent maybe a decade of my life being afraid of (pursuing what I really wanted)," he says.

Nick Waterhouse looks like Buddy Holly and his timeless music has hit the high notes with fans. HANDOUT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BEING BRANSON

THE MANY FACES OF THE VIRGIN MAGNATE

"Like a virgin, touched for the very first time." OK, it's a Madonna hit — but Sir Richard Branson comes to mind whenever you hear the word 'virgin.' Today, Branson's group, which runs some 400-plus companies in areas from mobile telephones and travel to music and health services, has more than 50,000 employees and annual revenues of around $21 billion US.
An iconoclast and adventurer, he is also deeply involved in non-business activities. Meet the other Bransons.

ELISABETH BRAW
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ILLUSTRATIONS: MIA KORAB/METRO WORLD NEWS

Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each.

The arsenal was called MAD, Mutually Assured Destruction, because they could easily annihilate the world many times over.

Today, the world's nuclear powers — the U.S., Russia, Britain, France, China and unofficial nuclear countries like India and Pakistan — still have hundreds of nuclear warheads.

That's enough to destroy the world many times over, and these weapons cost more than $1 billion US per decade.

As a result, Sir Richard Branson and some 300 world leaders have formed Global Zero, a global organization that advocates eliminating all the world's nuclear weapons.

He says

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

Sir Richard Branson

"From a deterrent point of view, a country only needs 300 nuclear weapons," Branson told Metro earlier this year.

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

That's because maintaining the current nuclear stockpile is hugely expensive: The total cost to official and unofficial nuclear weapons states is expected to surpass $1 trillion US in the next decade, according to a study released by Global Zero.

Global Zero now also has some 400,000 members worldwide.

The Elders: working for peace

They're old — and cool.

When Nelson Mandela retired as President of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Branson, who agreed to co-found and fund The Elders.

And The Elders are just that: older statesmen whose reputation allow them to crisscross the world and help solve disputes.

Mandela has since been joined by, among others, his old friend Archbishop Desmond Tutu, Graca Machel (Mandela's wife, who has a long political career in her native Mozambique) and former U.S. president Jimmy Carter.

The Elders fill a unique need in international politics as there's no institution or organization to which parties in conflict can turn.

The United Nations appoints envoys, but their missions are official and subject to pressures from UN member states. The Elders go in a private capacity.

And after missions to the Koreas, Middle East, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed UN envoy to Syria.

Space exploration: The sky is no longer the limit

The state of New Mexico hosts a novel installation: a spaceport. Starting next year, space tourists willing to pay $200,000 US will be able to blast off from Spaceport America on a Virgin Galactic spacecraft. They'll spend two and a half hours in space and five minutes in weightlessness.

Branson says his flights are not frivolous — scientists will use the flights to carry out research on the ozone layer and NASA will rent space on flights.

His quote

"I know there are literally thousands of people who would love to go to space, to be able to look out the window, to marvel at the beautiful Earth."

Sir Richard Branson
told AFP news agency

Legalizing drugs: Follow Portugal's example

Take a look at Mexico: between January and September last year, nearly 13,000 Mexicans were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed.

More than 50,000 troops and policemen are involved in the war against drugs — and that's just in Mexico.

Each year, some $13 billion US worth of drugs are smuggled from South America to the United States.

Combating drugs, argues Branson and others, is a waste of time and money.

Online

For more on Branson's push for decriminalizing drugs, click on metronews.ca.

Earlier this year, he testified to the British Parliament about the benefits of decriminalizing drug use, noting that countries like Portugal, which have decriminalized drug use, have seen a drop in both the number of drug addicts and the amount of drug-related crime.

In fact, Branson joins a growing chorus of voices in favour of softer drug legislation. Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former president of Mexico, he has formed the Global Commission on Drug Policy, which supports softer drug legislation.

Humanitarianism: It's up to businesses

OK, Branson surfs for fun, but he's also developed a knack for performing publicity stunts for good causes. A good cause, he argues, is often good business.

The boundaries between work and purpose are merging into one, he writes in his new book, Screw Business As Usual.

Branson names his concept Capitalism 24902. (The name refers to the circumference of the globe.)

"Every single business person has responsibility for taking care of the people and the planet that make up our global village," he writes.

Curing disease may be the most daunting task facing the business person who wants to save the planet.

In Britain, Branson thought up the Virgin Health Bank, where parents can store their children's stem cells.

"These cells could be used to treat a wide range of other conditions, from heart disease to diabetes, in the future," he says.

Music: The king maker

In the '60s and '70s, he started selling records while running a magazine. Virgin's first release was Tubular Bells by Mike Oldfield (1973), a chart-topper that led to deals with the Sex Pistols, Culture Club and many more. He sold Virgin Records to EMI in 1992 for $1 billion US.

Quoted

"The music industry can make people rich beyond their dreams..."

Sir Richard Branson
Losing My Virginity. The Autobiography

Environment: Deal with problems in an entrepreneurial spirit

Celebrities like to travel to Necker Island, Branson's island in the Virgin Islands.

But Branson has smaller friends on his island too — ring-tailed lemurs, an endangered species from Madagascar that Branson has imported to his island in an attempt to save the animals.

Branson has larger environmental ambitions, too, and not just out of a desire to save the Earth.

"We have to deal with environmental problems in an entrepreneurial spirit," he told Metro earlier this year.

"For example, Virgin's new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities. The environment would benefit, the cities would benefit, regular people would benefit, and it would stop money pouring out to the Middle East."

Branson has pledged to donate all his aviation businesses' profits to the development of alternative fuels.

His new Carbon War Room, in turn, encourages entrepreneurs and venture capitalists to come up with solutions to global warming.

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Janssen won't be surprised if Taken again

Interview. Actress returns to Luc Besson film for Taken 2 and won't rule out another return despite Liam Neeson's objections

HEIDI PATALANO
Metro World News

She's been a Bond villain, X-Men's Jean Grey, an alluring transsexual on Nip/Tuck and soon, an evil witch in Hansel and Gretel: Witch Hunters. But right now, Dutch actress, model, writer and director Famke Janssen is focused on the reprisal of her role as Lenore, the long-suffering ex-wife of retired CIA operative Bryan Mills (Liam Neeson). While she and her daughter (played by Maggie Grace) survived the first round of Eastern European thugs in Luc Besson's Taken, the family of three faces a challenge of a different kind when vacationing in Istanbul for the film's sequel. Janssen spoke to Metro about the new film and how she broke a rib in the honor of a convincing action sequence.

The calm before the firestorm: Lenore (Famke Janssen) and Bryan Mills (Liam Neeson) enjoy their reunion in Istanbul. HANDOUT

You've remarked that the chaos of Istanbul enhanced your performance while filming Taken 2 there. Tell us more about what happened on set.
It's an absolutely breathtakingly beautiful place — very old but it also has one of the fastest growing economies so it's just outgrowing its own size and as a result there's more cars than the city knows what to do with, more people, more mopeds, more wild dogs, more motorcycles so it's just the mosques that are there with loud speakers on them and they are competing with one another in terms of the prayers that happen at numerous times during the day. It goes through these loud speakers and between all of that there's so much going on that for a film shoot, it was a pretty chaotic experience but that really worked in my favour for the things that we were filming.

Quote

"I've actually broken a rib twice. I broke my rib on GoldenEye and I broke a rib on Hansel and Gretel: Witch Hunters, the movie that comes out in January with Jeremy Renner."
Famke Janssen
Talking about her movie career.

You shot at the Grand Bazaar. There are so many stray animals there.
Yeah, stray cats and dogs. I actually brought my own dog with me but they were not particularly fans of Licorice. It was a little bit sad but it's just a different culture. They don't keep dogs as pets in the way that we do.

Considering you've done a fair share of action films, including 1995 Bond film GoldenEye, what's one of the worst injuries that you've sustained while being on set out of any of your experiences?
I've actually broken a rib twice. I broke my rib on GoldenEye and I broke a rib on Hansel and Gretel: Witch Hunters, the movie that comes out in January with Jeremy Renner. So I've experienced some injuries. On Hansel and Gretel on top of everything, I had prosthetic make-up and I couldn't see because I had contacts that covered my whole eyes, so these things are always a little challenging.

What do you think would happen in a third Taken film?
Maybe they could do what I already suggested for Taken 2, which was that Liam (Neeson) was going to be taken and Maggie (Grace) and I would come and save him, but nobody liked that idea, apparently. I was joking by saying that of course. I don't know, Liam apparently is adamant about not wanting to do a Taken 3 and the director of our last movie, Olivier Megaton said that there was not going to be a Taken 3. I always say you never know.

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Kate Middleton. ALL PHOTOS GETTY IMAGES

Royal family fears more Middleton pictures to come

The British royal family's latest headache is apparently far from over, despite their victory in court against a French magazine that published topless photos of Kate Middleton.

There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature Prince William himself.

"Newspaper pictures editor tell me there are as many as 270 pictures being hawked around, which feature both the Duchess and Prince William naked," says the Telegraph's Willard Foxton. "Only 24 have appeared thus far. The Palace's nightmare is that the pictures are stills from a video."

Quote

"There are as many as 270 pictures being hawked around."

Willard Foxton
On photos of the Royals floating around

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnold's new memoir full of some choice quotes

THE WORD
Dorothy Robinson
scene@metronews.ca

Arnold Schwarzenegger

Arnold Schwarzenegger's new memoir, Total Recall: My Unbelievably True Life Story, is 640 pages of straight-up boasting by the former bodybuilder-turned-movie-star-turned-governor.

Oh, his ego. It truly is unbelievable. Metro compiled the best, non-humblebrags from the book.

When he first started dating Maria:
"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:
"The first words I blurted out were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On their rehearsal dinner:
"The toasts on Maria's side were about her and how great she is and how I'd benefit from being her husband. From my side it was the opposite. What a great guy and perfect human being I am, and how she'd benefit from that."

On justifying cheating on Maria before they were hitched:
"The fling with Brigitte Nielsen underlined what I already knew, I wanted Maria to be my wife."

His take on acting:
"Compared to being an action hero, it was a lot easier to be a comic star."

Amazing Arnold quotes taken out of context:
"Doing battle with a giant mechanical snake left me sore for a week."

"Jewish people have played such keys roles in my life."

"There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Twitter

@ladygaga
I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.

@JohnCleese
Just sitting down to start my autobiography. Problem is... remembering any of it ...

@PaulaAbdul
Awwww! I missed you too! xoxoP

@ConanOBrien
Starting a 3-day juice cleanse by dunking my cheeseburger in juice.

Rihanna

Rihanna continues reconciliation with Chris Brown

It looks like Rihanna just can't keep away from Chris Brown — even if he is supposedly dating model Karrueche Tran.

The infamous exes were spotted at NYC nightclub The Griffin this week "hugging and kissing," a source tells Celebuzz.

"And they went to the back of the club alone together."

And Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying. The public displays of affection did not go over so well with Tran, apparently. "She felt the kiss was a public slap in the face," a source tells Us Weekly.

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LIFE 3

'Tis the season for seduction, fun and body armour

Getting out the glitz, glam and faux-fur at Paris Fashion Week

PHOTOS AND TEXT BY ASSOCIATED PRESS

Miu Miu Meow!

Miu Miu's spring-summer 2013 show in Paris had a wintery vibe. Despite the slightly off-kilter season, it was a slick display, with lashings of faux-fur on coats and stoles with dyed patterning at the brand often seen as Miuccia Prada's baby sister offshoot. It picked up nicely on this season's fascination with prints as contrasting explosions on loose skirt suits — sometimes resembling the negative of a photograph. As ever, it remained demure, but back features graced a few reversed tops.

Vuitton goes retro-chic

What do you get if you mix up the world's most famous checks and Paris' most famous stripes?

The answer: Louis Vuitton, whose 1960s style spring-summer fashion show, in typically spectacular style, twinned the iconic checked Damier pattern with a set designed by artist Daniel Buren. Understatement is not a word in designer Marc Jacobs' vocabulary. So a collaboration with minimalist artist Buren — who made the famed striped columns in Paris' Palais Royal — might have raised eyebrows.

In fashion terms it was strong, with most of the 64 retro looks delivered in Mary-Quant-style.

Chanel perks up!

Fun was the healthy mantra that infiltrated Tuesday's Chanel show — a bright and diverse collection brimming with great new ideas. Silver bauble appliqués became buttons, A-line skirts were playfully short, colourful checks contrasted funkily with geometric flashes and feather fringing billowed exuberantly. One model in a crossing "C" swimsuit even carried a three-foot handbag. A bold new fashion idea was the reworked bolero jacket with curved shoulders, often spruced up with inflated arms.

Sarah Burton spars McQueen style

Fashion is body amour. At least it is for Sarah Burton, who tapped her fantastical imagination for Alexander McQueen to conjure up fashion week's most original show: mixing insect-like armoury with on-trend stiff bar jackets of the New Look, as well as 19th century crinoline.

If it sounds strange, it was — set to a backdrop of images of bees and honeycomb — with each model wearing a visor reminiscent at once of the 1950s wide hat, a cage and a beekeepers mask.

Valentino between the lines

"Suggestion is seduction," was the theme of Valentino's accomplished spring-summer 2013 show in Paris, which saw the storied Italian fashion house move subtly more sensual. Italian design duo Maria Grazia Chiuri and Pier Paolo Piccioli kept their strict, high collars and didn't bare too much flesh but eased their conservative designs, in razor-thin slits and cutouts.

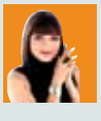
On the web

Qriket

Christina Applegate's breast cancer charity teams with ASICS for pink athletic gear

Twitter

Jeanne Beker soaks up Paris Fashion Week



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: Les bijoux de Lydia Courteille...a Rue St. Honore. Paris inspires desire!

@Jeanne_Beker: Tour de force collection @louisvuitton And not one monogram. Just checks, grids, + flower shapes.

@Jeanne_Beker: The lovely Leigh Lezark @ themisshapes in Chanel's modern baroque cruise look a la Marie Antoinette.

No neckties allowed

Sir Richard Branson is famous for taking scissors to neckties.
So in honour of his laid-back boardroom look, we've recreated his style at three different price points.
P.S. Flowing, golden locks not included.

RICHARD PECKETT
richard.peckett@metro.lu

BILLIONAIRE'S BUDGET

Paul Smith

Unstructured blazer
$1,390 US, mrporter.com

Z Zegna

White shirt
$255 US,
harrods.com

Nudie

Average Joe dry
organic straight jeans
$200 US,
shop.nudiejeans.com

Browns

Leather belt, $142,
brownsfashion.com

Church's

Paris derby shoes, $465,
church-footwear.com

FEELING FLUSH

Banana Republic

Tailored black cord blazer
$198 US, bananarepublic.com

APC

Poplin white shirt
$225 US, apc.fr

Edwin

ED-55 Red
Selvedge unwashed
$195 US,
edwin-europe.com

Grenson

G-One Cannon derby
shoes
$458 US,
matchesfashion.com

Reiss Vincent

Luxe formal suit belt
$85 US, reiss.com

THE FRUGAL FASHIONISTA

Uniqlo

Velvet blazer
$170 US, uniqlo.com

Zara

Men's white poplin shirt
$50 US, zara.com

H&M

Straight regular jeans
$20 US, hm.com

Topman

Slim leather belt
$24 US, topman.com

ASOS

Derby shoes
$60 US, asos.com

SPECIAL INFORMATION FEATURE

Sophie serves Spearhead's delightful Moroccan Brown Ale at Brothers Beer Bistro. JEFF O'REILLY/FOR METRO

Pour it again, Sam

New taste. Rock the Casbah with Spearhead's latest creation — Moroccan Brown Ale

JEFF O'REILLY
For Metro

You have to hand it to the fine folks at the Spearhead Brewing Company as they take their "Beer Without Boundaries" philosophy to heart.

With last year's wildly successful launch of their flagship Hawaiian Style Pale Ale (they took an extremely popular style of beer — the hoppy West Coast IPA — and created a really cool spin on it by infusing it with pineapple juice to give it a unique balance and taste profile) they are back at it with their latest creation — Moroccan Brown Ale.

From near as I can tell, alcohol is not nearly as popular in this north African kingdom as it is here, and in researching the style it appears that Morocco's preference for brewing is more in the pilsner and lager vein. But in the pursuit of bringing new and interesting varieties to a thirsty and appreciative craft beer loving market, interpretation and imagination are far more important than recreating a pre-existing classic.

Diverse culture

"The influence, it appears, is not derived from beer itself, but rather Morocco's diverse and vibrant culture ..."

The influence, it appears, is not derived from beer itself, but rather Morocco's diverse and vibrant culture and their love of intriguing spices and culinary delights. Though it may seem slightly irreverent, a "beer without boundaries" mentality embraces pushing the envelope even further and challenging people's taste buds and imaginations — and who am I to stand in the way of progress.

A visit to Brothers Beer Bistro saw this new beer embraced on its cutting-edge menu, perfectly paired with classics like steak frites and incorporated into a turkey confit, aged Gouda and parsnip perogie appetizer, showcasing the Moroccan Brown Ale reduction in an accompanying broth with parsley and thick cut bacon that can only be described as spectacular.

Spearhead Moroccan Brown Ale (six per cent alcohol by volume, on tap only at select craft beer friendly locations) pours an opaque, hazy purple-hued "iced tea" colour with mocha head. Intoxicating aromas of sweet and fruity malts precede sweet flavours of raisins, figs, plum, burnt brown sugar and rich malts and a luxuriously smooth mouth feel — it's light to medium-bodied and naturally carbonated with a short, slightly dry finish.

Versatile and sessionable, it invites you to let go of your presumptions and experiment with your own food pairing possibilities. Boldly go where you may not have previously ventured.

To paraphrase a famous line from the movie Casablanca, "Pour it again, Sam."

Oktoberfest weekend review

- With two extremely successful and very busy Oktoberfest events going on simultaneously last weekend, it was inspiring to see Ottawa embrace a thriving local craft beer scene. Particularly impressive was the amount of new beers to sample, with three "colla-beer-ations" introduced from Hogsback and Ashton Brewing, and seven from Beau's, with a staggering 48 cask-conditioned brews at the Vankleek Hill event. Standouts included cask versions of Bellwood's (Toronto) Roman Bath, Big Rig's Chocolate Covered Cherry Milk Stout, Beau's Staghorn, and Beau's Dark Helmut Schwarzbier. Support your local brewers.

Back Lane Café. Show-stopping pizza

SAMANTHA EVERTS
For Metro

As soon as you enter Back Lane Café you feel like you are in a chic cottage or cosy country tea room. The rustic décor with playfully coloured window panes serving as wall art and mismatched antique chairs make it a charming place to hunker down in Hintonburg to the sounds of Edith Piaf.

Just like an old country general store, non-alcoholic spritzers from homemade bitters of rhubarb and raspberry syrup were ordered. Served in a tall glass, the rhubarb was very refreshing and not overly sweet, letting the natural fruitiness sing.

We started with a generously portioned "Peasant" lentil soup that was heavy on the cumin, but hearty with carrots and potatoes and dollop of luscious herb butter that elegantly combined the flavours. The frisée salad with walnut vinaigrette, toasted walnuts, and orange segments was crisp and fresh, but could have been considered entrée sized.

Renowned for their hand-tossed pizzas from two wood-fire ovens straight from France, the thin crust pizza was the showstopper and the incredible crust alone could have been eaten alone. We ordered the Cadet that had shrimp, figs, capicolla, hot peppers and fior di latte cheese. The mildness of the cheese tasted house-made and melted evenly with the perfectly simple Italian-inspired tomato sauce. The caramelization of the figs complemented the capicolla and lightness of the shrimp beautifully.

Be sure to request that you want your pizza cut.

We finished with a delicious fresh yeast doughnut served hot from the fryer with decadent milk chocolate glaze, berries and a small scoop of homemade cherry ice cream.

Back Lane Café is located at 1087 Wellington St. W. For more, see backlanecafe.com.

Try the incredible thin crust pizza at Back Lane Café. Above, the Cadet pizza with shrimp, figs, capicolla, hot peppers and fior di latte cheese.
SAMANTHA EVERTS/FOR METRO

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Rotating Seasonals

Sommelier Debbie Trenholm picks grapes at a vineyard. CONTRIBUTED

Reporting from the vineyards

Harvest time. Debbie Trenholm, sommelier and founder of Savvy Company, details annual routine

DEBBIE TRENHOLM
For Metro

"Remarkable."

"Outstanding."

"The best vintage ever."

These are the words of winemakers across Ontario when asked about this year's grape harvest. The ideal warm spring and the heat of the summer created near perfect conditions for grape growing. Grapes ripened seemingly overnight and winemakers began harvesting three to five weeks earlier than in previous years.

"We have not picked this early since 1971", said Roselyn Dyck, co-owner of Cattail Creek Winery in Niagara-on-the-Lake.

Teams of pickers began harvesting Cattail's vineyard on Aug. 23.

"By starting early, it creates a bit of chaos at the winery," Dyck laughed. "We are madly making room in the tanks for the new juice and readying the equipment on crush pad for the tonnes of grapes to come in."

Then there are the marketing commitments. Lailey Vineyards winemaker Derek Barnett said he had to cancel trips and winemakers' dinners because he needs to be at the winery managing the harvest.

"During September, we are usually doing a lot of watching and waiting. There is no waiting around this year. In fact, I cancelled all of the wine events that I committed to because I need to be at the winery."

What are they watching and waiting for? During the harvest season, winemakers are constantly walking through their vineyard, randomly picking grapes straight off the vines. With their instruments, they monitor and record the Brix levels (a measurement of natural sweetness in the grapes).

"It is remarkable," said Glenn Symons from Lighthall Vineyards in Prince Edward County. "The Pinot Noir is already up to 22 Brix."

Symons decided to leave the grapes on the vine a few more days in hopes that they will ripen further still to result in even better, bigger, and juicier tastes that will show through in the wine.

This routine happens in every grape growing country in the world during harvest. Fifteen- to eighteen-hour days are often spent roaming the vineyard, picking grapes, operating the de-stemmer, monitoring the crushing machine, and pumping the juice into stainless steel tanks.

This year marks my sixth grape harvest. Yes, it is a bit hard on the back and knees, yet lending a hand to winemakers when they really need it gives me a great sense of community. In the vineyards, teams of pickers chat with each other through the vines about all kinds of things … wine is woven into the chatter somehow. Gossip spreads like wild fire. While picking at Bergeron Estates Winery recently, chatter revolved around trips to the Maritimes, the pricing of wine, and interesting venues to host wine tasting events.

Meet many of these outstanding winemakers on Oct. 19, when more than 20 winemakers from Niagara's Twenty Valley wine region (a.k.a. Niagara Escarpment) are leaving their harvesting duties to come to Ottawa for their first-ever wine tasting event. It will be a great opportunity to learn first-hand more about what happens during grape harvest. And you may discover a new favourite Niagara wine. The best part is that when you find a wine you like, you can order it directly from the winemaker.

Tickets for this fun wine tasting are $50 for Metro Ottawa readers. Simply quote METRO at savvycompany.ca/events and you will get the best priced tickets in town.

Sense of community

"This year marks my sixth grape harvest. Yes, it is a bit hard on the back and knees, yet lending a hand to winemakers when they really need it gives me a great sense of community.."

Debbie Trenholm, sommelier and founder of Savvy Company

Thanksgiving. Local flavour

SAMANTHA EVERTS
For Metro

Chef and owners of Table 40 at Fraser Café Simon, left, and Ross Fraser in the new chic and funky dining space. SAMANTHA EVERTS/FOR METRO

Along with his brother, chef Simon Fraser is the co-owner of Table 40, a contemporary family-style dining restaurant that caters to large groups.

"Absolutely you can say that it was inspired by family meals like Thanksgiving," he said.

While he hasn't roasted any large turkeys recently, the whole menu at Fraser Café (where the kitchen is located) is based on local, seasonal produce.

Metro spoke to Fraser on how to have a local and sustainable Thanksgiving feast with your family.

For produce, "I would shop in the ByWard Market," he said and recommends Rochon Gardens and Hall's Apple Market. A large squash can become a roasted risotto or hearty soup. "There's endless possibilities," he said. He recently picked up some apple wood chips with which to smoke meats.

For meats, "Any meat that is grown or raised locally is the best choice," Fraser said.

Diners do not need just turkey. "People could be doing roast ham instead. There's a lot of heirloom pork breeders around at the Brewer's Farmers' market."

He also recommends The Elk Ranch in Kanata and said that preparing elk requires a similar technique that you would with beef.

A classic apple pie is the best way to end the dinner. "It starts with choosing the appropriate apple," he said. Avoid moist varieties like Lobo or McIntosh unless you are going to cook them before.

But for the most part he says the key is not to stress. "Cooking at home should always be relaxed because (if not) you don't cook as well."

The Fraser Café is located at 11 Springfield Rd. For more, see frasercafe.ca.

Who better to celebrate soup season with than The Soup Sisters?

Caren McSherry is one of the Soup Sisters in the Soup Sisters Cookbook. As owner of the Gourmet Warehouse, a store that offers high quality gourmet foods and supplies in Vancouver, and a cookbook author, she knows all about making delicacies.

In the book, McSherry shares her recipe for her Tuscan Bean soup.

Ingredients

- 2 cups (500 ml) cooked white navy beans (drained and rinsed if canned)
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks celery, diced
- 1 leek, white and pale green parts only, washed and sliced
- 1/3 cup (80 ml) olive oil
- 6 large Roma tomatoes, diced
- 3 cloves garlic, minced or finely chopped
- 2 sprigs fresh thyme, leaves only
- 8 cups (2 l) chicken or vegetable stock
- Salt and pepper to taste
- Sun-dried tomato crostini (see below)
- Freshly grated Parmesan cheese for garnish

1. Purée half the beans until smooth, adding a little water if necessary. Place the puréed beans in a bowl with the remaining whole beans and set aside.

2. In a large pot over medium heat, sauté the onion, carrot, celery and leek in the oil, until the onion is softened.

3. Stir in all the beans and the tomatoes, garlic and thyme.

4. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.

5. Simmer, uncovered, until the vegetables are tender, about 30 minutes. While the pot simmers, prepare the crostini (see below).

6. Season the soup with salt and pepper to taste.

7. Ladle up in a wide shallow bowl, and garnish with grated Parmesan and playful floating crostini.

Sun-Dried Tomato Crostini

1. Thinly slice half a baguette and bake the slices in a single layer on a baking sheet in a 350 F (180 C) oven until dry and crispy, about 5 minutes.

2. In a small bowl combine 1/2 cup (125 ml) finely diced sun-dried tomatoes and half a bunch of parsley, finely minced. Spoon the mixture sparingly onto the baguette slices.

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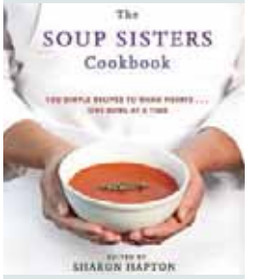
Tuscan Bean Soup

This recipe serves six. JULIE VAN ROSENDAAL

Cookbook of the Week

Heart-warming soup



The Soups Sisters Cookbook is more than a cook featuring delicious recipes from chefs such as Anna Olson and Michael Bonacini.

It is also a part of non-profit organization Soup Sisters. The brainchild of Calgary's Sharon Hapton, Soup Sisters provides comfort to women, youth and children through the making, sharing and donating of soup.

The cookbook is a celebration of the best recipes from the project, which sees participants pay a $50 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. The soup is then delivered to a local shelter. METRO

Michael Bonacini's Mixed Mushroom. Earthy and delicious blend

Michael Bonacini is the chef and partner of Oliver and Bonacini restaurants in Toronto.

In the Soup Sisters Cookbook, he shares his recipe for Mixed Mushroom soup.

1. In a pot over medium heat, sauté the onion and garlic in the oil, until the onion is softened.

2. Add the mushrooms and thyme. Sauté until the mushrooms are browned.

3. Add 4 cups (1 L) water. Bring to a boil over high heat, then reduce the heat to medium-low.

4. Simmer the mixture, uncovered, until the mushrooms are tender, about 15 minutes.

5. Purée the soup until it is smooth. Add the whipping cream.

6. Reheat the soup over medium heat; add salt, pepper.

7. Ladle up a piping potage of mushroomy goodness.

Ingredients

4 portions

- 1/4 cup (60 ml) diced onion
- 2 cloves garlic, minced
- 2 tbsp (30 ml) vegetable oil
- 2 1/2 cups (625 ml) sliced assorted fresh mushrooms
- 1 tbsp (15 ml) finely chopped fresh thyme
- 1/2 cup (125 ml) whipping cream (35 per cent MF)
- Salt and pepper to taste

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A NEW AGE OF WHISKY

JOHN K. HALL BRINGING BACK CREATIVITY, PASSION

John K. Hall

CONTRIBUTED

Canadian whisky is big news. Connoisseurs right around the world are singing its praises again, and Canada's whisky makers are doing something really smart to keep it that way. They are creating a whole new range of ultra-flavourful drams.

Leading the way is wine maker turned whisky maker, John K. Hall with his Forty Creek whiskies – whiskies that have won the world's most coveted awards. When Hall was asked what makes Forty Creek whiskies stand out from the crowd, he said: "Canadian whisky is a Canadian icon, just like maple syrup and hockey. I really want to bring back creativity and passion to our country's spirit. Whisky can be just as complex, perhaps more complex than wine. Bringing out the subtle aromas and taste characteristics is what makes whisky great."

As a first generation whisky maker, Hall says that while he respects tradition, he is not bound by it. For example, unlike some distillers, he distills and ages each grain separately. "This approach allows me to highlight the flavour of each grain — nuttiness from the barley, fruitiness and spiciness from the rye and weight and body from the corn."

Hall's creativity doesn't stop there. He loves to experiment with different barrels for aging — sherry casks for Barrel Select, once-used bourbon barrels for Double Barrel Reserve, and even Canadian oak barrels for his Confederation Oak. "I have worked with many types of oak barrels and every wood creates a distinctive taste expression."

Innovative and distinct whiskies such as these, along with Hall's new Copper Pot Reserve, fill a growing demand for decidedly flavourful whiskies. So put yesteryear behind you and join a new generation of whisky connoisseurs from around the world.

Why? Because they are discovering the treasure trove of rich new whiskies distilled for us right here in Canada.

– Davin de Kergommeaux

CONNOISSEUR'S APPRECIATION

Canadian Whisky: The Portable Expert takes readers on a journey

through the first systematic presentation of Canadian whisky: How it's made, who makes it, why it tastes the way it does, its history, and the rich, centuries-old folklore surrounding it. For the first time, whisky consumers can approach Canadian whisky with a connoisseur's appreciation.

FORTY CREEK COPPER POT RESERVE: This hearty, handcrafted whisky is rich in toffee with searing chili peppers, bursting rye spices, and refreshing orange peel. $28.45.

FORTY CREEK CREAM: Fresh Ontario dairy cream and Forty Creek whisky lend traces of coconut and soft ice cream to luxurious, chocolate-covered vanilla toffee. $28.95.

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Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award
Malt Advocate Magazine, 2007

Double Gold Medal
San Francisco World Spirits Competition

Gold Medal
World Selection, Brussels, Belgium

FortyCreekWhisky.com

Kids are often enthralled with the wild kingdom, so it's fun to do their rooms with animal-themed decor.
And you can think beyond the standard of kitty-cat wall border or dino bedding; some of today's designs have a sophistication that will please style-minded parents, too.

THE ASSOCIATED PRESS

5 Ways to turn your kids' room into a wild kingdom

Dwell Studio

This bastion of chic kids' decor offers deer, tricera- tops, unicorn and zebra papier-mâché wall art that could easily inhabit any room in the house. Owl and unicorn shower curtains are rendered in Dwell's signature muted-colour palette. Here too are French textile designer Paule Marrot's high style, textural Giclee bird paintings on linen. Dwellstudio.com, papier-mache, $76.

Little Lion Studio

Based in Montreal, Leonardo Cortes creates quiet, whimsical-sleepscape wall decals. A watchful mommy giraffe can be positioned over the crib, with baby giraffe on the other side. Cortes' simple and charming style is reminiscent of that of Babar's creator, Laurent de Brunhoff. Leolittlelion.etsy.com, $97.

Rug Company

London-based designers Edward Barber and Jay Osgerby choose to depict animals the way they behave in the wild, so their Fish rug features a school of swimmy friends, while a slithering serpent makes his way across the Snake rug. Therugcompany.com, $5,508 each.

Mimi Lou

In a past life, Miriam Derville was an advertising exec for high-end fragrances. But when she started drawing versions of her children's stuffed animals on their bedroom walls, people took notice, and Mimi Lou was born. She's created a charming collection of wall stickers featuring elephants, mice, penguins, bears and a menagerie of creatures with French flair.
Mimilou-shop.fr, $52 and up.

Restoration Hardware

Vintage illustrations of rhinos, camels and lions will have children dreaming of exploring Africa. Rhbabyandchild.com, artwork, $439.

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Rental Building Program

Here's a bright idea: Lights!

Design options.
Update your space with some new lighting

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I've always said that the simplest way to change the look of a room is with a new paint colour and some new lighting.

A new light fixture not only adds an attractive accessory to a room but can instantly update a bedside, over a dining table or a hallway.

Add a new light fixture to update your space and then install some dimming switches; you'll be amazed at how different your place will look and feel.

Pendants
Caged styles can be used above kitchen islands, dining tables or in the centre of rooms (with high ceilings). Graphic and modern teardrop cage styles are all the rage and help add a chic industrial look.

Flush mounts
Sleek and more interesting are those cheap 1970-styled canopied fixtures. Classic X-patterns with gold or brass metal finishes are very popular right now.

Table
Look for traditional shapes with trend-setting colours. The neutral gourd style table lamp has been around for a long time and remains a staple in decorating.

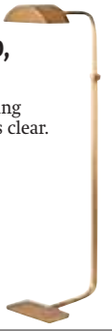
Floor
Either very traditional or very modern; discrete yet trendy metal finishes keep the floor reading lamp in style.

The small banker style lights are great for scattering around reading chairs and the end of sofa areas. Interesting, useful and slightly retro in style; the 1960's floor lamps shine a bright light when used to fill a dark corner or highlight artwork.

Charles bronze chandelier, $493
Unfussy lines keep the classic chandelier simple yet stylish. crateandbarrel.com

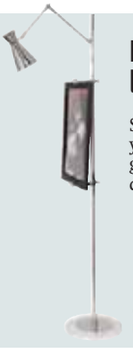
Mary McDonald Directoire, $695
Architectural style up high; great in hallways and bedrooms.

Koleman floor lamp, $345
Discrete and stylish reading light that keeps tabletops clear.



Satori pendant, $595
Caged style lighting adds an airy and sculptural quality above the table.

Small Triple Gourd, $300
The classic designer shape in updated grey and bronze finishes.



Bristol floor lamp, $795
Shed a bit of light on your favourite art; a great way to brighten a dark corner.

All photos from robertabbey.com

Vinegar

Eco-friendly cleaning

Is cleaning my home with vinegar enough to kill germs?
-Natalia of Vancouver

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Yes. Acetic acid or white vinegar is a great disinfectant. It also acts as a deodorizer and cuts grease.

And you can tackle household bacteria like salmonella, E. coli and other "gram-negative" bacteria with vinegar.

Gram-negative bacteria can cause infections including pneumonia, bloodstream infections, wound or surgical site infections, and meningitis.

In fact, Heinz has unveiled a stronger version of its white distilled vinegar. Instead of five per cent acetic acid, it has six, which boosts the strength by 20 per cent.

They're calling this new formula … wait for it … "cleaning" vinegar!

How does it work?

According to Canada's National Collaborating Centre for Environmental Health, the acid in vinegar crosses the cell membrane of bacteria and prompts a release of protons, which causes the cell to die.

The new Heinz vinegar will smell stronger, but the odour disappears quickly.

Try finding stronger concentrations of vinegar at eco-friendly stores that carry a variety of green cleaning products and have refill stations.

For example, in Vancouver, The Soap Dispensary sells 12 per cent vinegar. Use it for tough cleaning jobs at full strength — like that dog drool coating your car windows — or dilute it with water as needed.

Five ways to clean with vinegar:

1. Fill the rinse-agent dispenser of your dishwasher with plain white vinegar.

2. Combat pit stains on white T-shirts: Soak clothing in about 60 millilitres of white vinegar and enough water to cover the stain. Leave overnight and then wash with eco-friendly laundry soap.

3. Clean rusty tools: Soak in a pail of white vinegar and brush to clean.

4. Deodorize the toilet: Pour 125 millilitres of white vinegar into the bowl. Let sit 15 minutes and then flush.

5. Remove hard-water deposits on the tub and glass shower doors: Heat 250 millilitres of white vinegar in a pot. Then, spray warm vinegar onto surface, let sit 15 minutes and wipe clean.

Strong vinegar for a strong clean around your home. ISTOCK IMAGES

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Soon it will be too cold for all these fun chores. ISTOCK IMAGES

Outdoor chores are a great way to work off that Thanksgiving pie

DIY ideas. Tips for projects you can do all around your house

The autumn long weekend is here, and it's a great time to get some things done around your house before the weather gets much colder.

Take inspiration from DIY Network's special The Ultimate Crash where hosts Josh Temple, Matt Muenster and Ahmed Hassan join together to give one house three massive makeovers — house, yard and bath.

House: Get the look of autumn

Window boxes are a popular way to bring colour in the summer months, but they can also be updated in the cooler months to reflect the décor of the season.

You can reflect your own style by creating window boxes that are traditional or modern. Try to use vivid colours that reflect the season like oranges, rusts and red which can be found in gourds, pumpkins, and mums. Leafy textures are also popular and can be incorporated through fountain grass, variegated ivy, ornamental cabbage or black mondo grass.

Take advantage of the many types of pumpkins available now, as well as seasonal branches like bittersweet that can add an extra pop of colour.

Yard: Winterize your lawn

Cooler months are a great time to promote root growth in your lawn, and you will see results in just four easy steps.

First use a spreader to fertilize the lawn, following directions carefully to ensure you use the correct amount. Secondly you must aerate the lawn to provide air for the roots and make holes for planting seeds by taking out spikes of soil.

The third step is to seed the lawn. Be sure to purchase 'cool season' or 'cool weather' grass seed to use at this time of year. Evenly distribute the seed over your lawn. Lastly you need to rake and water. Raking will break up soil clumps and cover the seeds to protect them. Water the lawn with a gentle spray on your garden hose. Continue to keep your lawn moist before the real cold weather begins.

Bath: Tips for a better bathroom

Use free time this weekend to maximize space, light and style in your bathroom for a spa-like experience all winter.

Consider installing indirect lighting behind your bathtub and setting tea lights on the windowsills to set the mood for a relaxing soak that will warm you up this winter.

Depending on the layout of your bathroom, now might be the time to install an additional sink or even an automatic hand-dryer. Both of these can ensure your bathroom is efficient, practical and clutter-free.

THE ULTIMATE CRASH AIRS ON DIY NETWORK CANADA SUNDAY OCTOBER 7 AS PART OF A HOUSE CRASHERS MARATHON BEGINNING AT 10AM ET/7AM PT.

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FIRST-TIME HOMEBUYERS

Thursday, October 4, 2012

There are plenty of factors to think about — lifestyle, budget, mortgage, etc. — that go into deciding on a first home purchase. ISTOCKPHOTO/THINKSTOCK

Build your decision on these tips

ASTRID VAN DEN BROEK
For Metro

Townhome or detached? City or suburb? There are plenty of factors that go into deciding on a first home purchase. Here's what you need to know.

IT'S ALL ABOUT THE MONEY

This is really where your home search begins — how much can you afford? And a realtor can help you determine this, notes Ron Abraham, president of the Toronto-based Ontario Real Estate Association. "You need to know what you can afford and how not to get in so deep that you end up in financial difficulty," he said.

"So take the advice of a realtor — how much do you make? How many bills do you have? You need to know how much you can realistically afford to buy that dream."

SET REALISTIC EXPECTATIONS

"One of the problems with buyers today is they're used to living at home in their parents' nice four-bedroom, three-bathroom, three-car garage home," Abraham said. "And then they want to start where their parents are today after 30 to 40 years of hard work. They have to get their expectations aligned with what they can afford."

Not sure where to start researching? Realtor.ca lists multiple real estate agent affiliated listings coast to coast and allows you to search via price, home features and more.

KNOW YOUR LIFESTYLE

Sit down and think through your way of life, which in turn will help determine where and what type of home you buy.

"You need to consider factors such as: Are you outdoorsy types? Do you prefer a vibrant downtown community? Do you plan to have children? Also, along with knowing what they like, they need to anticipate what their needs will be," Abraham said.

He also suggests considering all factors involved, including home maintenance — do you like doing repairs and maintaining a lawn and garden?

"If not, maybe a condo is for you because condos offer different features. There are advantages and disadvantages for both," he said.

In the end, Abraham advises buyers to take a hard, realistic look at what you want in a home versus what you need in a home.

"Because for homebuyers, quite often those are two different things."

Where to get help

Before you meet with prospective real estate agents, click on Canada Mortgage and Housing Corporation's site (cmhc-schl.gc.ca).

There are a variety of decision-making tools available to help you make the big purchase including: Checklists to evaluate real estate agents; home inspection checklists; home features checklists; mortgage calculators; home hunting comparison worksheets; and more.

Price depends on where you live

While the size of the home, its proximity to downtown, and the age and quality of materials will all affect the price, the city you buy in will likely dominate other variables.

Metro looked at prices in five cities: Vancouver, Calgary, Toronto, Montreal, and Halifax.

If you want to buy a townhouse in the Greater Montreal area, you can expect to pay about $290,300. In the Greater Toronto area, a townhouse goes for about $324,200. A Calgary townhouse averages $276,600. The Greater Vancouver area will set you back the most — a $462,300 cheque for your first townhouse. According to Royale LePage, an average Halifax townhouse costs about $270,000.

There is a wide range for single-family homes. In Vancouver, you can expect to pay almost $1 million — or $941,900, to be exact. In Calgary, the price is half that, with an average single-family home going for $420,200. In Toronto, that same house will cost you $523,100. In Montreal, you will be paying just $302,300. The Canada Mortgage and Housing Corporation lists an average Halifax home at $259,060. However, if you are looking for a first-time Halifax home off the peninsula, you can get one for around $230,000.

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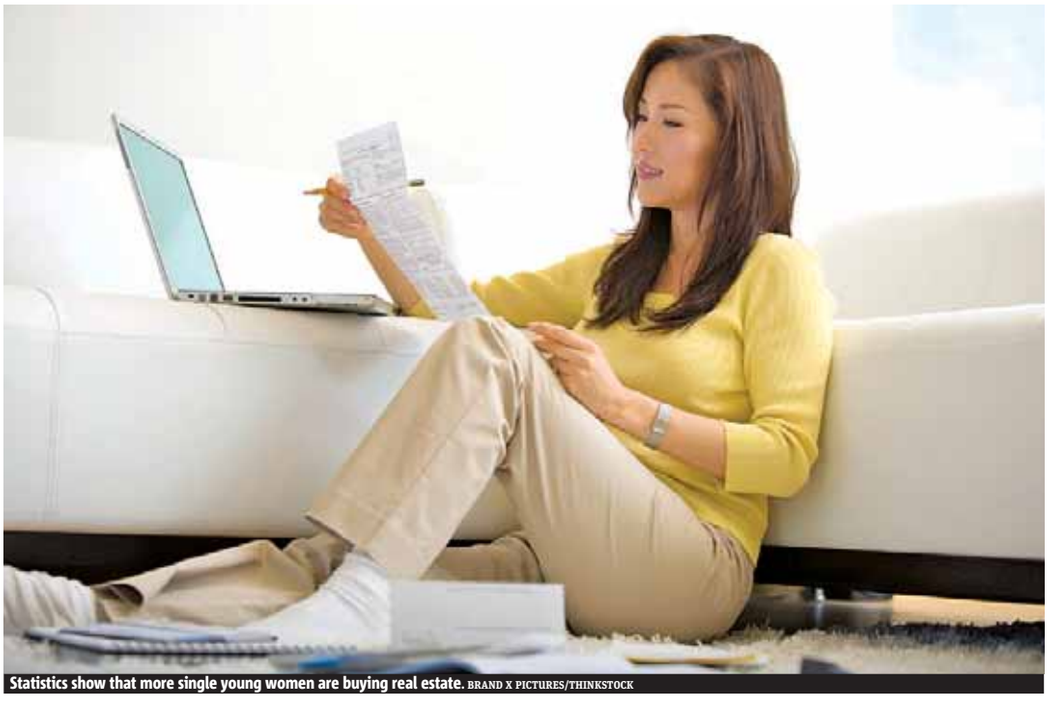
On her own

Statistics. Number of reasons why more single women are deciding to purchase real estate

RICHARD WOODBURY
For Metro



Statistics show that more single young women are buying real estate. BRAND X PICTURES/THINKSTOCK

While the statistics are hard to come by, anecdotal evidence suggests more and more single women are buying real estate. In fact, it was this trend that led Royal LePage to release a report on this topic in 2007.

At the centre of the creation of this report was Dianne Usher, a broker with Royal LePage Real Estate Services Ltd. in Toronto.

"I was observing through the realtor community that more and more single women were buying real estate," she said.

Usher said there are a number of reasons why more single women are purchasing real estate.

"Women are waiting longer to get married," she said. "They are having a professional life first and during that time period, we can rent or we can own real estate."

In other words, women aren't necessarily waiting for a partner to come along to purchase real estate, they are grabbing the bull by the horns and doing it on their own.

Continued low interest rates are also helping fuel the trend as it makes home ownership more affordable.

Economic factors are another reason since purchasing real estate seems to be a more stable investment these days than investing in the money markets, particularly when considering the sluggish stock market.

Sandra Rinomato, the host of HGTV's Buy Herself, has noticed since she began practising real estate 16 years ago that more single women are purchasing real estate. In fact, her show follows single women as they purchase real estate, whether it be a 20-something professional about to buy her first condo, a newly divorced women or a widower.

Rinomato says one of the reasons for the trend is that it is now easier for women to get financing. "Thirty years ago, financial institutions were not lending money to women who did not have male co-signers," she says.

Looking specifically at first-time homebuyers, more women appear to be lining up than men to do so.

According to the 19th annual RBC Homeownership Poll, among Canadians who plan to buy a home within the next two years, women (49 per cent) are more likely than men (35 per cent) to be first-time homebuyers.

Gender divide

- One of the commonly cited statistics regarding single homebuyers is actually an American one. The statistic comes from the National Association of Realtors (NAR), which reports that among first-time and repeat homebuyers, 21 per cent are single females, while just 12 per cent are single males.
Source: The 2011 NAR Profile of Home Buyers and Sellers

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SPORTS 4

NHL keeping concerned sponsors in the loop

No end in sight.
League, union meet for fourth time in five days but again talk secondary issues and not core economics

With no end in sight to the NHL lockout, the league is doing all it can to ease the concerns of its sponsors.

A small group of key clients gathered Wednesday afternoon in Toronto for an audience with chief operating officer John Collins, who provided an update on labour negotiations and took questions from participants.

A source indicated that representatives from Molson, Canadian Tire, Sport Chek, Kraft, Sirius XM and Scotiabank participated in the meeting. One attendee called the session "productive" and applauded Collins for taking part.

"They were very transparent with us," said the source, who requested anonymity. "I was looking around the room and the long-term, cumulative contract dollars around the table were probably at the $100-million mark. It's a significant chunk of change for the league."

League officials have held a series of conference calls with business partners in recent months in an effort to keep everyone informed.

With the NHL on hold, sponsors have been forced to abandon plans to activate against the league and some have started channelling money into other projects. Typically, campaigns and product launches take months to pull together — posing a problem for league partners given the uncertainty brought on by the lockout.

"We don't know when the end line is," said the source.

THE ASSOCIATED PRESS

Sponsorships and growth

Sponsorships played a significant role in the immense growth the league enjoyed after the 2004-05 lockout.

- Twenty-two new partners signed on with the NHL over that period as it geared its calendar around signature events, such as the Winter Classic.

Vizquel bids farewell to fans as Jays close out season

Toronto Blue Jays shortstop Omar Vizquel signs autographs for fans before playing against the Minnesota Twins Wednesday in Toronto. Vizquel plans to retire after the season and last night's game was the season finale for the Jays. Toronto won 2-1 to finish the season. 73-89. NATHAN DENETTE/THE CANADIAN PRESS

Mobile sports

Cricket

Tim Tebow came to Broadway in March as a backup, already a bona-fide star. Now with the Jets 2-2, scores of disappointed New Yorkers wonder why "Tebow Time" shouldn't start on Monday against the undefeated Houston Texans. He may be wondering the same thing.

MLB

Athletics stun Rangers, win West

The Oakland Athletics captured the AL West with another improbable rally in a season full of them, coming back from four runs down and a 13-game division deficit to stun the two-time defending league champion Texas Rangers 12-5 on Wednesday.

The playoffs begin Friday when the defending World Series champion St. Louis Cardinals visit Chipper Jones and the Atlanta Braves in the winner-take-all NL wild-card matchup.

THE ASSOCIATED PRESS

NBA

Bargnani eager for fresh start with Raps

After an off-season of rehab, Andrea Bargnani is keen for a fresh start.

The Raptors' No. 1 draft pick in 2006 was having a career year last season. For a guy with the reputation as being a soft player, his attention to the defensive side of the game under new coach Dwane Casey was dramatic and impressive.

The 26-year-old took a rare summer off from Italy's national team to fully heal his body and mind and Casey said Bargnani is back even better than he was to start the season last year. THE CANADIAN PRESS

Hockey. OHL ditches rink-side goal judges

Video killed the radio star. And, now, the rink-side goal judge as well.

At the Ontario Hockey League's annual general meeting in August, the board of governors approved a motion to eliminate the role of the rink-side red-light pusher.

A couple of weeks into the 2012-13 season, at London Knights games and elsewhere, fans are beginning to notice the absence of behind-the-net goal judges. The noble duty has been a part of hockey game aesthetics for more than a century.

While these office officials aren't losing a "real" job, with teams hiring goal judges on a volunteer or honorarium basis, it's certainly a change.

A dying breed

- Goal judges were first introduced in 1877.
- They were initially called umpires.
- Only a handful of NHL goal judges remain rink-side.

"You can't go anywhere in the building without somebody asking you, 'How come you're not down there goal judging?'" said Dave Longfield, a judge at Knights games from 2000-11.

The league's decision to sink the role starts and ends with the advancement of video-replay technology. Just like the National Hockey League did in 2006, the OHL has come to the conclusion that the human element associated with goal judging is irrelevant.

JOHN MATISZ/METRO IN LONDON

Dave Longfield, 75, of London has been relieved of his duties as one of two rink-side goal judges at London Knights games. JOHN MATISZ/METRO

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-New York	94	67	.584	—	—
z-Baltimore	93	68	.578	1	—
Tampa Bay	89	72	.553	5	3½
Toronto	73	89	.451	21½	20
Boston	69	92	.429	25	23½

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Detroit	87	74	.540	—	—
Chicago	84	77	.522	3	8½
Kansas City	72	89	.447	15	20½
Cleveland	68	93	.422	19	24½
Minnesota	66	96	.407	21½	27

WEST DIVISION

	W	L	Pct	GB	WC
x-Oakland	94	68	.580	—	—
y-Texas	93	69	.574	1	—
Los Angeles	89	72	.553	4½	3½
Seattle	74	87	.460	19½	18½

z — clinched playoff berth; **x** — clinched division; **y** — clinched wild-card berth.

Wednesday's results
Toronto 2 Minnesota 1
Oakland 12 Texas 5
L.A. Angels at Seattle
Boston at N.Y. Yankees
Chicago White Sox at Cleveland
Baltimore at Tampa Bay
Detroit at Kansas City
END OF REGULAR SEASON
Tuesday's results
Toronto 4 Minnesota 3
Baltimore 1 Tampa Bay 0
Cleveland 4 Chicago White Sox 3 (12 innings)
Kansas City 4 Detroit 2
N.Y. Yankees 4 Boston 3 (12 innings)
Oakland 3 Texas 1
Seattle 6 L.A. Angels 1

AL LEADERS

	G	AB	R	H	Avg.
MiCabrera, Det	160	620	109	205	.331
Trout, LAA	138	556	129	180	.324
Mauer, Minn	146	543	81	174	.320
Beltre, Tex	155	600	95	191	.318
Jeter, NYY	158	679	99	215	.317
TorHunter, LAA	139	532	81	167	.314
Butler, KC	160	611	72	191	.313
Fielder, Det	161	580	83	181	.312
Cano, NYY	160	623	102	192	.308
Rios, ChiW	157	605	93	184	.304

RUNS — Trout, L.A. Angels, 129; MiCabrera, Detroit, 109; Kinsler, Texas, 104; AJackson, Detroit, 103; AdJones, Baltimore, 103; Cano, N.Y. Yankees, 102; Hamilton, Texas, 102.
RBIs — MiCabrera, Detroit, 139; Hamilton, Texas, 128; Encarnacion, Toronto, 110; Willingham, Minnesota, 110; Fielder, Detroit, 108; Butler, Kansas City, 107; Pujols, L.A. Angels, 105.
HITS — Jeter, N.Y. Yankees, 215; MiCabrera, Detroit, 205; Cano, N.Y. Yankees, 192; Beltre, Texas, 191; Butler, Kansas City, 191; AGordon, Kansas City, 188; AdJones, Baltimore, 185.
HOME RUNS — MiCabrera, Detroit, 44; Hamilton, Texas, 43; Encarnacion, Toronto, 42; ADunn, Chi Sox, 41; Granderson, N.Y. Yankees, 41; Beltre, Texas, 36; Willingham, Minnesota, 35.
STOLEN BASES — Trout, L.A. Angels, 49; RDavis, Toronto, 45; Revere, Minnesota, 40; Crisp, Oakland, 39; AEscobar, Kansas City, 34; DeJennings, Tampa Bay, 31; Kipnis, Cleveland, 31; BUpton, Tampa Bay, 31.
PITCHING — Weaver, L.A. Angels, 20-4; Price, Tampa Bay, 20-5; MHarrison, Texas, 18-11; Sale, Chi Sox, 17-8; Verlander, Detroit, 17-8; Scherzer, Detroit, 16-7; Darvish, Texas, 16-9; PHughes, N.Y. Yankees, 16-13.
Not including Wednesday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-Washington	98	64	.605	—	—
y-Atlanta	94	68	.580	4	—
Philadelphia	81	81	.500	17	6½
New York	74	88	.457	24	13½
Miami	69	93	.426	29	18½

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	97	64	.602	—	—
y-St. Louis	87	74	.540	10	—
Milwaukee	83	78	.516	14	4
Pittsburgh	79	83	.488	18	8½
Chicago	61	101	.377	36½	26½
Houston	55	107	.340	42½	32½

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	94	67	.584	—	—
Los Angeles	85	76	.528	9	2
Arizona	81	80	.503	13	6
San Diego	75	86	.466	19	12
Colorado	63	98	.391	31	24

Wednesday's results
Atlanta 4 Pittsburgh 0
Chicago Cubs 5 Houston 4
N.Y. Mets 4 Miami 2
Washington 5 Philadelphia 1
Colorado at Arizona
San Francisco at L.A. Dodgers
San Diego at Milwaukee
Cincinnati at St. Louis
END OF REGULAR SEASON
Tuesday's results
Arizona 5 Colorado 3
Cincinnati 3 St. Louis 1
Houston 3 Chicago Cubs 0
Miami 4 N.Y. Mets 3 (11 innings)
Milwaukee 4 San Diego 3
Pittsburgh 5 Atlanta 1
San Francisco 4 L.A. Dodgers 3
Washington 4 Philadelphia 2

NL LEADERS

	G	AB	R	H	Avg.
MeCabrera, SF	113	459	84	159	.346
Posey, SF	147	528	78	178	.337
AMcCutchen, Pgh	156	590	107	193	.327
Braun, Mil	153	594	107	190	.320
YMolina, StL	138	505	65	159	.315
DWright, NYM	155	579	91	178	.307
Craig, StL	119	469	76	144	.307
Scutaro, SF	155	617	86	189	.306
Pacheco, Col	131	471	50	144	.306
Jay, StL	117	443	70	135	.305

RUNS — Braun, Milwaukee, 107; AMcCutchen, Pittsburgh, 107; JUpton, Arizona, 107; Rollins, Philadelphia, 102; Harper, Washington, 97; Bourn, Atlanta, 95; Holliday, St. Louis, 95; Pagan, San Francisco, 95.
RBIs — Headley, San Diego, 113; Braun, Milwaukee, 112; ASoriano, Chi Cubs, 108; Pence, San Francisco, 104; ArRamirez, Milwaukee, 104; Holliday, St. Louis, 102; Posey, San Francisco, 102.
HITS — AMcCutchen, Pittsburgh, 193; Braun, Milwaukee, 190; Scutaro, San Francisco, 189; Prado, Atlanta, 186; AHill, Arizona, 184; SCastro, Chi Cubs, 183; Reyes, Miami, 183.
HOME RUNS — Braun, Milwaukee, 41; Stanton, Miami, 37; Bruce, Cincinnati, 34; LaRoche, Washington, 33; Beltran, St. Louis, 32; ASoriano, Chi Cubs, 32; IDavis, N.Y. Mets, 31; Headley, San Diego, 31; AMcCutchen, Pittsburgh, 31.
STOLEN BASES — EvCabrera, San Diego, 43; Bourn, Atlanta, 40; Reyes, Miami, 39; Victorino, L.A. Dodgers, 39; Pierre, Philadelphia, 37; CGomez, Milwaukee, 36; Altuve, Houston, 33.
PITCHING — GGonzalez, Washington, 21-8; Dickey, N.Y. Mets, 20-6; Cueto, Cincinnati, 19-9; Lynn, St. Louis, 18-7; Hamels, Philadelphia, 17-6; Seven tied at 16.
Not including Wednesday's games

BLUE JAYS 2, TWINS 1

Minnesota	ab	r	h	bi	Toronto	ab	r	h	bi
Span cf	4	0	0	0	RDavis lf	4	1	1	1
Revere rf	4	1	3	0	Hchvrr 2b-ss	4	0	1	1
Mauer dh	2	0	0	0	Lawrie 3b	3	0	0	0
Parmel 1b	4	0	0	0	Lind dh	2	0	1	0
Plouffe 3b	2	0	0	0	YGoms 1b	3	0	0	0
ACasill pr-2b	1	0	1	0	Arencii c	3	0	0	0
MCarsn lf	4	0	0	1	Vizquel ss	3	0	1	0
EEscor 2b-3b	4	0	0	0	McCoy ss-2b	0	0	0	0
Butera c	3	0	0	0	Sierra rf	3	0	1	0
Flormn ss	3	0	0	0	Gose cf	3	1	1	0
Totals	**31**	**1**	**4**	**1**	**Totals**	**28**	**2**	**6**	**2**

Minnesota	000	100	000	1
Toronto	002	000	00x	2

DP—Minnesota 2. LOB—Minnesota 6, Toronto 3. 3B—Gose (3). SB—A.Casilla (21), R.Davis (46).

Minnesota	IP	H	R	ER	BB	SO
Diamond L,12-9	5	5	2	2	1	3
Al.Burnett	2	1	0	0	0	3
Perdomo	1	0	0	0	0	0
Toronto						
Morrow W,10-7	8	3	1	1	3	11
Lyon S,1-1	1	1	0	0	0	0

WP—Diamond.
Umpires—Home, Toby Basner; First, Tim McClelland; Second, Marvin Hudson; Third, Clint Fagan.
T—2:21. A—19,769 (49,260) at Toronto.

MLB PLAYOFFS

All Times Eastern

WILD CARD

Friday's games
(single-game elimination)

NATIONAL LEAGUE

St. Louis (Lohse 16-3) at Atlanta (Medlen 10-1), 5:07 p.m.

AMERICAN LEAGUE

Baltimore at Texas **OR** Texas at New York, 8:37 p.m.

DIVISION SERIES

(Best-of-5)

AMERICAN LEAGUE

Match-ups to be determined.

NATIONAL LEAGUE

CINCINNATI VS. SAN FRANCISCO
Saturday's game
Cincinnati at San Francisco (Cain 16-5), 9:37 p.m.
Sunday's game
Cincinnati at San Francisco (Bumgarner 16-11)
Tuesday, Oct. 9
San Francisco at Cincinnati
Wednesday, Oct. 10
San Francisco at Cincinnati, TBA
Thursday, Oct. 11
San Francisco at Cincinnati, TBA
WASHINGTON VS. WILD CARD WINNER
Sunday's game
Washington (Gonzalez 21-8) at St. Louis-Atlanta winner
Monday, Oct. 8
Washington (Zimmermann 12-8) at St. Louis-Atlanta winner
Wednesday, Oct. 10
St. Louis-Atlanta winner at Washington
Thursday, Oct. 11
x-St. Louis-Atlanta winner at Washington
Friday, Oct. 12
x-St. Louis-Atlanta winner at Washington
x — played only if necessary.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Friday's game — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday, Oct. 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

CRICKET

WORLD TWENTY20

SUPER EIGHTS

At Colombo, Sri Lanka
GROUP ONE
Monday's results
West Indies 139 def. New Zealand 139-7, in one-over eliminator
Sri Lanka 169-6 def. England 150-9 by 19 runs
GROUP TWO
Tuesday's results
Pakistan 149-6 def. Australia 117-7 by 32 runs
India 152-6 def. South Africa 151 by one run
SEMIFINALS
Thursday's match — All Times Eastern
Sri Lanka vs. Pakistan, 3:30 a.m.
Friday's match
Australia vs. West Indies, 3:30 a.m.
FINAL — Sunday: Semifinal winners, TBD

TENNIS

ATP-WTA CHINA OPEN

At Beijing
Wednesday's results
MEN
Singles — Second Round
Novak Djokovic (1), Serbia, def. Carlos Berlocq, Argentina, 6-1, 6-3.
Jurgen Melzer, Austria, def. Alexandr Dolgopolov (6), Ukraine, 7-6 (9), 2-6, 6-1.
WOMEN
Singles — Second Round
Maria Sharapova (2), Russia, def. Sorana Cirstea, Romania, 6-2, 6-2.
Polona Hercog, Slovenia, def. Ekaterina Makarova, Russia, 7-6 (5), 3-6, 7-6 (3).
Third Round
Agnieszka Radwanska (3), Poland, def. Lourdes Dominguez Lino, Spain, 2-6, 6-1, 6-4.
Marion Bartoli (9), France, def. Julia Goerges, Germany, 6-3, 7-6 (2).
Romina Oprandi, Switzerland, def. Ana Ivanovic (11), Serbia, 6-4, 6-3.

ATP RAKUTEN JAPAN OPEN

At Tokyo
Wednesday's results
Singles — First Round
Janko Tipsarevic (3), Serbia, def. Gilles Simon, France, 4-6, 6-3, 6-1.
Juan Monaco (4), Argentina, def. Grigor Dimitrov, Bulgaria, 6-2, 6-1.
Second Round
Andy Murray (1), Britain, def. Lukas Lacko, Slovakia, 6-1, 6-2.
Stanislas Wawrinka (7), Switzerland, def. Jeremy Chardy, France, 7-6 (1), 6-7 (6), 7-5.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	1	0	.750	66	83
Dallas	2	2	0	.500	65	88
Washington	2	2	0	.500	123	123
N.Y. Giants	2	2	0	.500	111	84

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Minnesota	3	1	0	.750	90	72
Chicago	3	1	0	.750	108	68
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FIVE

Byes: Dallas, Detroit, Oakland, Tampa Bay
Thursday's game — All Times Eastern
Arizona at St. Louis, 8:20 p.m.
Sunday's games
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Seattle at Carolina, 4:05 p.m.
Chicago at Jacksonville, 4:05 p.m.
Buffalo at San Francisco, 4:25 p.m.
Tennessee at Minnesota, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Monday, Oct. 8
Houston at N.Y. Jets, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	31	17	7	7	39	25	58
Chicago	30	16	9	5	42	36	53
New York	31	15	8	8	54	44	53
D.C. United	31	15	10	6	48	40	51
Houston	31	13	8	10	44	37	49
Columbus	31	14	11	6	39	39	48
Montreal	31	12	15	4	44	49	40
Philadelphia	29	8	15	6	31	36	30
New England	31	7	16	8	37	43	29
Toronto	31	5	19	7	35	59	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	31	18	6	7	65	39	61
x-Real Salt Lake	31	16	11	4	44	34	52
x-Los Angeles	31	15	11	5	55	43	50
x-Seattle	30	13	7	10	45	31	49
Vancouver	31	10	12	9	31	40	39
Dallas	31	9	12	10	38	41	37
Colorado	31	9	18	4	39	46	31
Portland	31	7	15	9	32	52	30
Chivas USA	30	7	16	7	21	49	28

x — clinched playoff berth.
Wednesday's results
Philadelphia at Chicago
Chivas USA at Vancouver
Saturday's games — All Times Eastern
D.C. United at Toronto, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 9 p.m.

UEFA CHAMPIONS LEAGUE

FIRST ROUND

Wednesday's results
GROUP A
Dynamo Kyiv (Ukraine) 2 Dinamo Zagreb (Croatia) 0
FC Porto (Portugal) 1 Paris Saint-Germain (France) 0
GROUP B
Arsenal (England) 3 Olympiakos (Greece) 1
Schalke (Germany) 2 Montpellier (France) 2
GROUP C
Anderlecht (Belgium) 0 Malaga (Spain) 3
Zenit St. Petersburg (Russia) 2 AC Milan (Italy) 3
GROUP D
Ajax (Netherlands) 1 Real Madrid (Spain) 4
Manchester City (England) 1 Borussia Dortmund (Germany) 1

ASIAN CHAMPIONS LEAGUE

QUARTER-FINALS

SECOND LEG
Wednesday's results
Bunyodkor (Uzbekistan) 3 Adelaide United (Australia) 2
(Bunyodkor advances on 5-4 aggregate)
Ulsan (South Korea) 4 Al Hilal (Saudi Arabia) 0
(Ulsan advances 5-0)

NASL PLAYOFFS

All Times Eastern
SEMIFINALS
(two-game, total goals)
SAN ANTONIO (1) VS. MINNESOTA (5)
Saturday's game
San Antonio at Minnesota, 8:30 p.m.
Sunday, Oct. 14
Minnesota at San Antonio, 7 p.m.
TAMPA BAY (2) VS. CAROLINA (3)
Saturday's game
Tampa Bay at Carolina, 7 p.m.
Saturday, Oct. 13
Carolina at Tampa Bay, 7 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Try not to make up your mind too quickly about someone today. It does not matter if your initial impressions are good or bad. Either way, they are going to be an important and positive force in your life.

♉ Taurus
April 21 - May 21
Keep emotions out of what you have to do today. If you allow your feelings to get in the way of common sense, you could make a serious mistake — the kind that costs you money you cannot afford to lose.

♊ Gemini
May 22 - June 21
The message of the stars for you today is quite straightforward: Don't take your luck for granted. Both in your personal life and in your career you will need to work hard to get ahead — and harder still to stay there.

♋ Cancer
June 22 - July 23
You are reading too much into a situation that most times you would simply ignore. You may find it hard to convince yourself that you are overreacting but you really do need to keep things in perspective.

♌ Leo
July 24 - Aug. 23
Today's cosmic alignment warns if you let slip personal information of any kind, it could backfire on you later in the month. Keep what you know to yourself, especially when it is potentially embarrassing.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry if your confidence is at a low ebb because that will change very soon. What also needs to change is the way you approach your work. Are you taking too much for granted? Give it some thought.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to make a decision concerning your future today but with Jupiter now entering one of its retrograde phases, it might be best to put it off to a later date.

♏ Scorpio
Oct. 24 - Nov. 22
Money and investment issues may be causing you a bit of concern but there is probably not much you can do about them at the moment. Trust that everything will turn out right in the end. It usually does.

♐ Sagittarius
Nov. 23 - Dec. 21
Partnerships and relationships have been under good stars of late and that trend is set to continue but that does not mean you no longer have to work at them. What can you do today to improve your affairs?

♑ Capricorn
Dec. 22 - Jan. 20
Attitude is everything. If you think you can succeed, you most likely will. If you think you may fail, you will subconsciously make it happen. Keep believing and keep trying — and you'll keep winning.

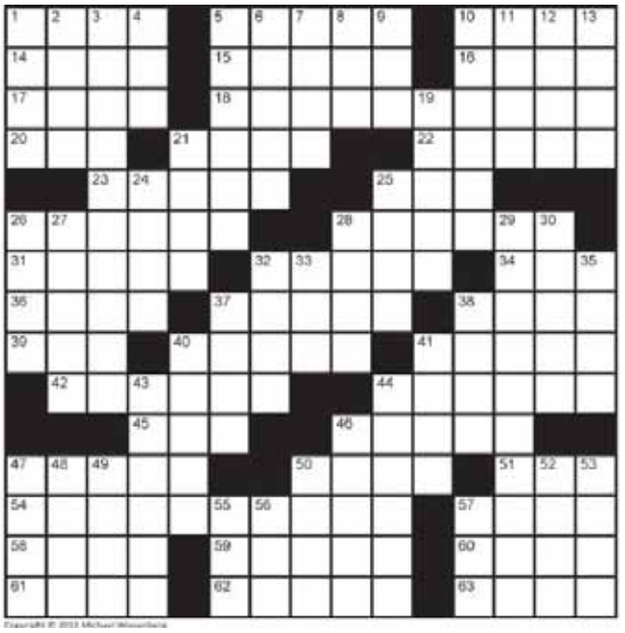
♒ Aquarius
Jan. 21 - Feb. 19
Your confidence may be high, and with good reason, but don't let it carry you away to some fabulous la-la land where everything happened as if by magic. Be positive but keep your feet on the ground, too.

♓ Pisces
Feb. 20 - March 20
Try not to dwell on thoughts that upset you. Focus on areas you can feel happy about and pretend the bad stuff does not exist. You are very sensitive to your environment, which is why you may need to move.

SALLY BROMPTON

Stuff and No Nonsense

BY MICHAEL WIESENBERG



Across
1. Jewelry repository
5. Dreams: Fr.
10. Air Force installation
14. Go ___ great length: ramble (2 wds.)
15. It's west of BC
16. Specialty (in education, say)
17. "All You Need Is ___": 1967 Beatles chart-topper
18. They form the Alberta-BC border (2 wds.)
20. Yoko ___ Lennon
21. Destitute
22. Rental contract
23. People with computers
25. Part of kph or mph
26. Diamond weights
28. Gracious and elegant
31. One at ___: singly (2 wds.)
32. Blacksmith, while tending to horse hooves
34. How-___: instruction manuals
36. Inevitable outcome
37. Eucalyptus lover
38. High: Fr.
39. Before: poetic
40. World's biggest airline, by passengers
41. Popular Toyota model
42. Vancouver ___: Victoria's location
44. Hairpiece
45. PC key usually next to the spacebar
46. Symbolic Canadian leaf
47. "___ Little Prayer": Dionne Warwick hit (3 wds.)
50. Like an owl, proverbially
51. BC Hydro structure
54. Canada's government
57. Mexican coin
58. Norway's capital
59. Cycling legend Armstrong
60. Bend in a sink's pipe
61. Broadway attraction
62. Puts money into a poker pot before cards are dealt
63. African cobras

Down
1. On one's own
2. Before much longer, poetically
3. Teachers' pets
4. Québec summer
5. Copter blades
6. Reverberations
7. Abruptly change course
8. Corn unit
9. ___-Cat: winter vehicle
10. ___ dozen: 13
11. Operatic solo
12. Observes
13. Comfortable state
19. Cloudless
21. Baseball's Rose or Townshend of The Who
24. Identical
25. "Not guilty," for one
26. Bistro
27. "Centipede" and "Asteroids" video game company
28. Pepsi or Coke
29. Calgary CFL team
30. "Tag, ___ it!"
32. Vended
33. Chapeau
35. Eye problem
37. Clark ___: Superman's alter ego
38. Drag along
40. Buddhism's __ Lama
41. Contend with difficulties
43. Played it cool or stayed out of sight (2 wds.)
44. Samples a bit of (food)
46. Chop well, as garlic
47. Wall St. offerings
48. Part of Miss Canada's attire
49. "Alice's Restaurant" chronicler Guthrie
50. Got going
52. Stat!
53. Spill cleaners
55. ___ mode: with ice cream (2 wds.)
56. Chess or checkers piece
57. School fund-raising grp

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	4		6	1	8		3	
1								6
		8				1		
2	7		9		1		5	4
				7				
3	5		8		6		2	9
		9				3		
4								5
	1		3	9	7		4	

Yesterday's Sudoku

Today 21°/10° Showers 40%
Friday 20°/6° Showers 40%
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Sunday	11am - 5pm
Thanksgiving Day	11am - 5pm

WHEN:
Saturday, September 29
to Monday, October 8

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